

8 Week Functional Test

-following ACL reconstruction (either Patella Tendon graft or Hamstring graft)
OBSERVATION, QUALITATIVE/QUANTITATIVE ANALYSIS TO
DETERMINE PATIENT'S ABILITY TO PROGRESS TO PLYOMETRICS
AND JOGGING. A SUCCESSFUL PERFORMANCE IS NECESSARY TO
PROGRESS TO NEXT STAGE OF REHABILITATION.

Patient: _____ Date: _____

VAS PAIN LAST 24 HOURS

0 1 2 3 4 5 6 7 8 9 10

GIRTH (CM) R L

15 CM SUP TO S.P.P.= _____ _____

15 CM INF TO I.P.P.= _____ _____

SINGLE LEG SQUAT TO 45 DEGREES KNEE FLEXION
COMPARE INVOLVED (I) TO UNINVOLVED (U) AND
OBSERVE/DOCUMENT
(E- EXCELLENT, VG- VERY GOOD, G- GOOD, F- FAIR, AND P-POOR)
-PLEASE CIRCLE THE APPROPRIATE ANSWER

I BALANCE:	E	VG	G	F	P
U BALANCE:	E	VG	G	F	P
I SL CONTROL:	E	VG	G	F	P
U SL CONTROL:	E	VG	G	F	P

QUALITATIVE DESCRIPTION:

LOWER EXTREMITY FUNCTIONAL REACH TEST:
SL STANCE 3-POINT REACH: ANTERIOR, LATERAL, AND POSTERIOR

I= _____ CM	I: A= _____	L= _____	P= _____
U= _____ CM	U:A= _____	L= _____	P= _____

ADD TOGETHER, THEN I/U

I/U= _____ %

TESTER: _____

FAX RESULTS TO HAMILTON ORTHOPAEDICS FOR PHYSICIAN REVIEW- FAX
(315)-824-8961