

Dr. LaFrance 12 Week Functional Test

-following hip labral repair

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: \_\_\_\_\_

0 1 2 3 VAS PAIN LAST 24 HOURS 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