

Dr. LaFrance 16 Week Functional Test  
 -following gluteus medius 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: \_\_\_\_\_

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