

12/16 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 NEXT STAGE OF REHABILITATION, TO INCLUDE ADVANCED PLYOMETRICS

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 S.P.P.=	_____	_____

FUNCTIONAL JUMP TEST (IN CM)

DL JUMP FOR DISTANCE WITH MINIMAL UPPER BODY/TRUNK CONTRIBUTION

CM/PATIENT HEIGHT

CRITERIA FOR PROGRESSION: MALES=>.7 FEMALES=>.6

DISTANCE: _____

HEIGHT: _____

PERCENTAGE: _____

FUNCTIONAL HOP TEST (IN CM)

SL HOP FOR DISTANCE WITH MINIMAL UPPER BODY/TRUNK CONTRIBUTION

CM/PATIENT HEIGHT

CRITERIA FOR PROGRESSION: MALES=>.7 FEMALES=>.6

R DISTANCE: _____

L DISTANCE: _____

I/U%: _____

TESTER: _____

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