

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: \_\_\_\_\_

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