SPORTS TEST I

(3 months for Meniscal Allografts, CMI, Articular Cartilage Graft of Ankle and Knee)

Warm Up Spin Bike x10'

Front Plank: *Patient is prone on elbows and toes, with feet and elbows shoulder width apart, hands are not touching. Goal is 2 minutes (120 sec)* Time: _____/120 sec = _____%

Side Plank: *Patient gets into side plank position on elbow, and maintains the plank position for 60 seconds.* R Side:_____/60 sec → affected/non-affected= _____%
L Side:_____/60 sec

Squats: *Count the number of 90* squats the patient can complete in 20 seconds, with 10 seconds rest between rounds, repeat for 3 rounds. Goal is 10 squats per round.*

1st Round: _____→ _____/30 → _____%
2nd Round: _____
3rd Round: _____

Step Ups: *Use a 2", 4", 6" step and have the patient perform 10 reps of forward steps ups. Patient should have upright posture, leveled hips and no pain. Record the number of proper step ups.*

2" step R:_____/10 L:_____/10 → affected/non-affected = _____%
4" step R:_____/10 L:_____/10 → affected/non-affected = _____%
6" step R:_____/10 L:_____/10 → affected/non-affected = _____%

Single Leg Dead-lift on a Stable Surface: *Patient will use a 5 lb kettle bell or weight and perform single leg dead-lift tapping object in front of you for 60 seconds. Patient must demonstrate correct form and technique and full range of motion. Goal is 10 repetitions.*

Repetitions: R: _____/10 L:_____/10 → affected/non-affected= _____%

Tandem Stance on Airex: *Patient stands in heel-to-toe tandem stance on Airex Pad for 60 seconds without losing balance. Record the number of times the patient falls out of position.*

R: _____/60 sec L:_____/60 sec → affected/non-affected = _____%

*Test Scoring: Sum percentages for all categories_____/8= _____; Pass= 75%

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