



SPORTS TEST I

(3 Months Post: ACL, MCL, PCL, PLC, Patellofemoral Ligament Reconstruction, Brostrum)

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 1 minute. Stop test if patient exceeds 2 minutes.*

Time: _____

Side Plank with Hip Abduction: *Patient gets into side plank position on elbow, and maintains the plank position while abducting the top leg. Goal is 10 repetitions, stop test if patient exceeds.*

R Side: _____

L Side: _____

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 15 squats per round.*

1st Round: _____

2nd Round: _____

3rd Round: _____

Single Leg Squat: *Patient stands on one foot and performs a single leg squat, while reaching the other leg in the below directions. Measure from toe to toe.*

Lateral touch

Distance R: _____

Distance L: _____

Forward touch

Distance R: _____

Distance L: _____

Backwards touch

Distance R: _____

Distance L: _____

Feet on Ball Roll in Test: *Patient is supine on the floor with feet up on a Swiss ball. Patient is asked to bridge and pull their feet in towards their body as many times as he/she can in a 1 minute period while maintaining the bridge position (note: full Range of motion.) Goal is 45 reps.*

Repetitions: _____

Airex Dynamic Stability Test: *Airex is placed 2 feet from the wall with tape on the wall 1 foot up from floor. Patient balances on one leg on the airex and tries to touch the tape, alternating hands. Note: Patient should stand upright between each touch. Goal is 10 repetitions.*

R Leg: _____

L Leg: _____

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