



SPORTS TEST II

(6 Months for Meniscal Allografts, CMI, Articular Cartilage Graft of Ankle and Knee)

Warm Up Spin Bike 10 minutes

Single Leg Balance Eyes Closed: *Allow patient to establish single leg balance. When they close their eyes start timing. Goal is 30 seconds without any "hops".*

R Leg: _____

L Leg: _____

Single Leg Forward Step Downs: *Patient steps down from 8" step 10 times in 1 minute with good form.*

R Leg: _____

L Leg: _____

Single Leg Dead-lift on Unstable Surface (Airex Pad): *Patient will use a 5 lb kettle bell or weight and perform single leg dead-lift tapping object in front of you while bringing opposite leg into hip flexion for 60 seconds. Patient must demonstrate correct form and technique and full range of motion to touch. Goal is 10 repetitions.*

Side Plank with Hip Abduction: *Patient gets into side plank position on elbow, and maintains the plank position while lifting top leg into abduction. Must maintain good form and control. Goal is 10 repetitions.*

R Side: _____

L Side: _____

BOSU Squat: *Patient will do squat to 90 degrees on BOSU ball for 60 seconds. Goal is 40 squats.*

Repetitions: _____

Jog on Trampoline X 5 min

Strength Assessment: *Should be 5/5 on all*

Gluteus Maximus: R: ___/5 L: ___/5

Gluteus Medius: R: ___/5 L: ___/5

Medial Hamstring: R: ___/5 L: ___/5

Lateral Hamstring: R: ___/5 L: ___/5

Quadriceps: R: ___/5 L: ___/5

Abdominals: *Start hook-lying with hands by sides. Measure 12cm from fingertips. Attempt to reach 12cm mark. (Goal 20 reps/60 sec)* _____

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