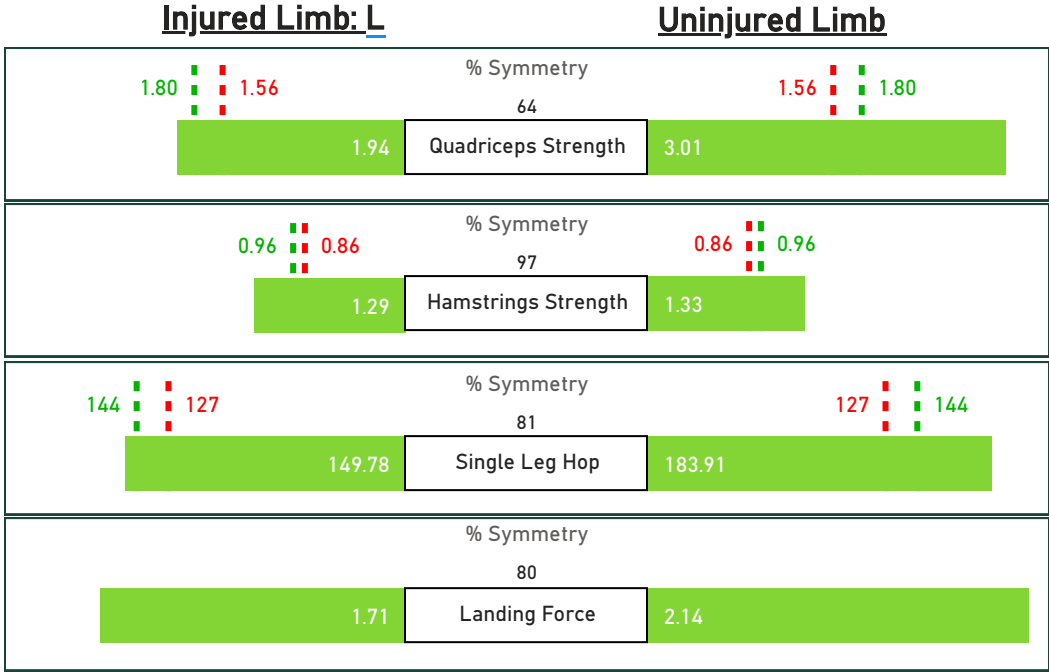


Athletic Injury and Rehabilitation Labs Progress Report



JANE DOE

DOB:

Surgery:

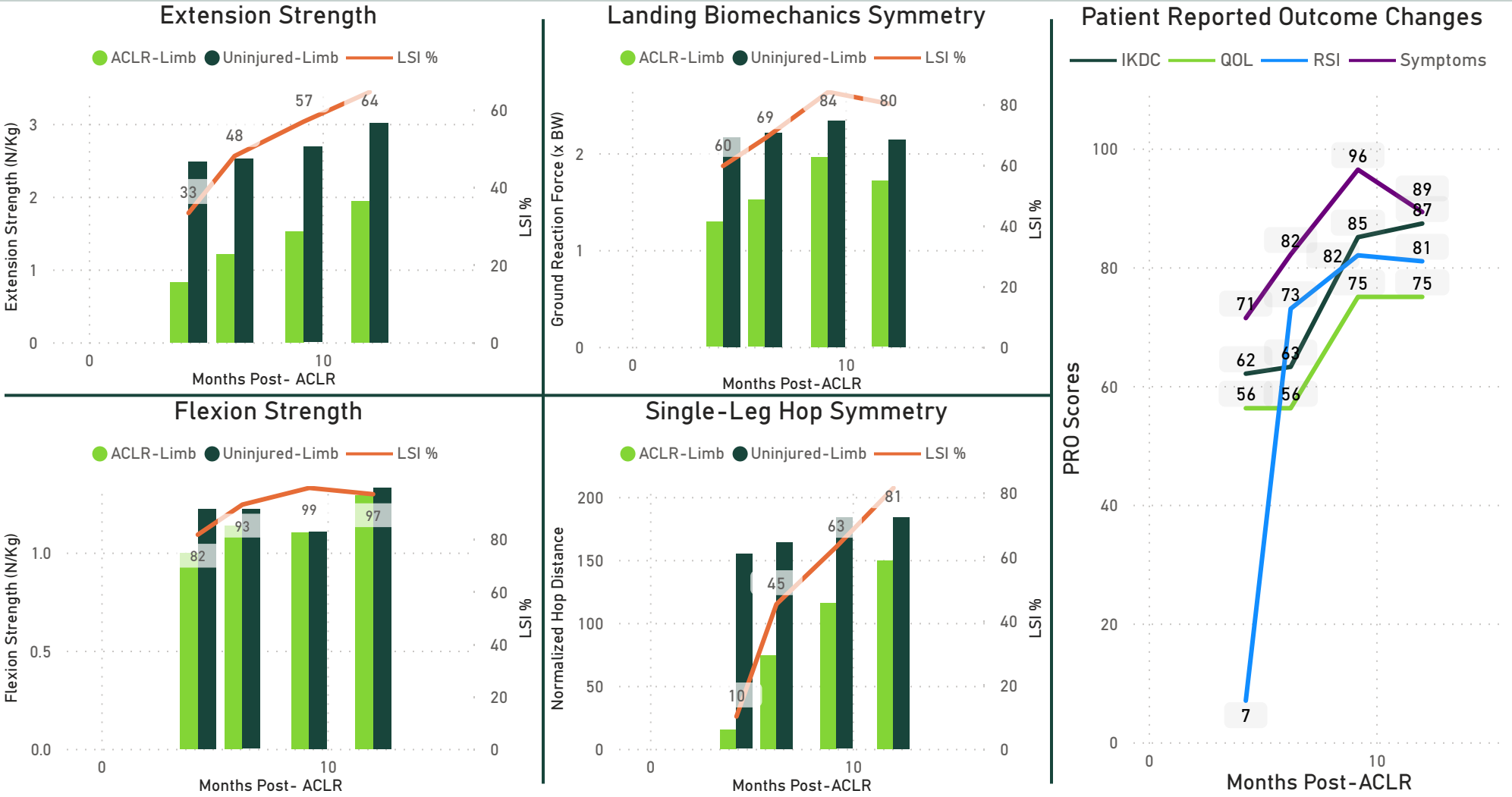
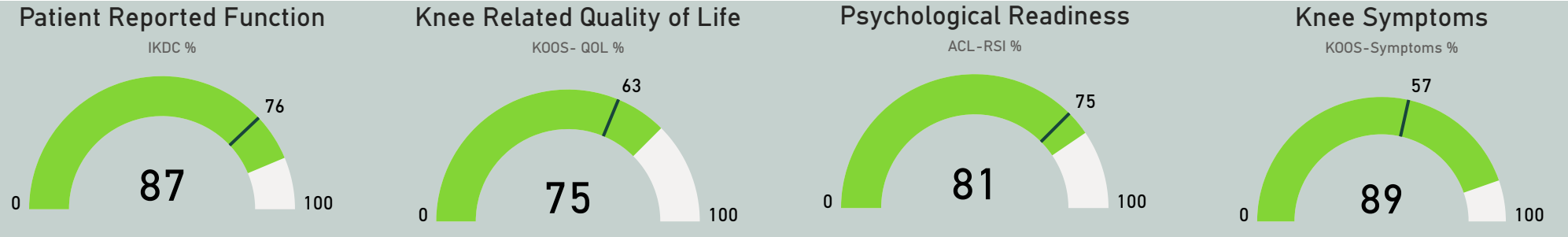
Testing:

Functional Outcomes:

- Quadriceps Strength: IDEAL quadriceps strength in the ACLR limb (1.94 Nm/kg) 64% between limb symmetry.
- Hamstrings Strength: IDEAL hamstrings strength in the ACLR limb (1.29 Nm/kg) 97% between limb symmetry.
- Single Leg Hop: IDEAL single leg hop for distance in the ACLR limb (150% Leg Length) 81% between limb symmetry.
- Jump-Landing Task: Knee valgus NOT PRESENT in the ACLR limb during Drop Vertical jump. Asymmetrical between-limb peak landing force (80%).

Patient reported outcomes:

- IDEAL self-reported knee function (IKDC = 87%)
- IDEAL psychological readiness (ACL-RSI = 81%)
- IDEAL knee related quality of life (KOOS-QOL = 75%)
- IDEALknee symptoms (KOOS-Symptoms = 89%)



Landing Biomechanics

