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P3	revati bheemu	Main Sport Knee	Athletics Left	Injury Date	23-05-2024
	ACL Rehab Survey				

Pre-**Complete** Phase**Complete**Phase 2      Phase 3      Phase 4  
Op                    1

Patient ACL Rehab

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Single Hop Test [i](#)

## Phase 3: Running, Agility and Landing

Trial 1



[ACL Guide \(pg. 13-16\)](#) [ACL-RSI](#)  
[Tegner](#)

Trial 2



Most important goals

Average



- Attain excellent hopping performance (technique, distances, & endurance)



Limb Symmetry Index

- Progress successfully through and agility program and modified game play
- Regain full strength and balance

Single Hop Test  
Comparison to  
Baseline

More Information

Best Baseline Result



Phase 3 of this ACL rehabilitation protocol sees a return to running, agility, jumping and hopping, as well as

Affected Limb



Equal To or Greater Than  
Baseline



the continuation of a gym based strength and neuromuscular program.

### Triple Hop Test ⓘ

Affected

Limaffected

Limb



Trial 1



Trial 2



Average

Limb  
Symmetry  
Index

Change of direction training and modified game play can also commence and progress during this phase, although supervision by the clinician is recommended.

The knee should be swelling and pain free during this phase, and an emphasis is placed on correct technique particularly for deceleration tasks such as landing from a jump. It's important to perfect landing and pivoting biomechanics before progressing fully back to sport (Phase 4).

### Triple Crossover Hop Test ⓘ

Affected

Limaffected

Limb



Trial 1



Trial 2



Average

Limb  
Symmetry  
Index

Exercises and activities in Phase 3 typically include agility drills such as slalom running, shuttle runs, and ladder drills. Jumping and hopping exercises usually start with drills such as scissor jumps and single hops and progress to box jumps and single leg landings with perturbations.

It's important that there is some rest and recovery time during this phase as many of the exercises and activities require eccentric muscle activity. Clinicians should watch for signs of overload of the patellofemoral

### Side Hop Test ⓘ

Affected

Limaffected

Limb



Trial 1

Limb  
Symmetry  
Index

complex in  
particular.

## Single Leg Rise Test ⓘ

Affected  
Limb  
Limb

Repetitions

Limb  
Symmetry  
Index  
✓Hu  
Requirement

## Star Excursion Balance Test ⓘ

Affected  
Limb  
Limb

Forward

Forward  
Limb  
Symmetry  
Affected  
Limb  
Limb

Postereomedial



Postereolateral



Sum Total



Limb  
Symmetry

Cooper & Hughes  
Sports Vestibular  
Balance Test ⓘ

	Affected Limb	Non-affected Limb
Side to Side	∨	∨
Up and Down	∨	∨

## Supplementary Goals

Bodyweight<sup>kg</sup>

Bodyweight



Single Leg Press  
1RM ⓘ

1RM Percent  
(slope  
= Bodyweight  
weight)  
Kgs

Affected Limb



Non-affected Limb



Squat 1RM ⓘ

1RM Percent  
Kgs  
Bodyweight

Squat



Cancel

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