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P4	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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Which is your dominant leg (the leg you would normally jump off)?



Phase 4: Return to Sport

[Related Documents](#)

[ACL Guide \[pg. 17-31\]](#)

[ACL-RSI \[pg. 21-22\]](#)

[IKDC \[pg. 23-25\]](#)

[TSK-11 \[pg. 26-29\]](#)

[Swelling/Effusion](#)
[Stability](#)
[Flexion](#)
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Part A: Stability, Swelling & Range

[More Information](#)

So when are people ready to return to sport after an ACL reconstruction?

Current research suggest a minimum of 9 months. However, please be guided by your surgeon and sports medicine team.

Our suggestion is to allow people

Part B: IKDC Subjective Knee Evaluation Form & ACL-RSI

ACL-RSI

 ACL-RSI

back to sport if they have satisfied 3 key criteria:

IKDC Score

 IKDC

- Successful completion of the Melbourne Return to Sport Score (>95)

- The athlete is comfortable, confident, and eager to return to sport, as measured by the ACL_RSI and IKDC

TSK-11

 TSK-11

- An ACL injury prevention program is discussed, implemented, and continued whilst the athlete is participating in sport. To lower the risk of future injury, evidence supports that injury prevention programs are performed at least 15mins prior to each training session and game.

Part D: Functional Testing

[Click Here: Functional Testing Work Sheet \(pg. 27\)](#)

Star Excursion Balance Test

Affected Limb

Unaffected Limb

Limb

Phase 4 ACL rehab should be highly individualised, and exercises and training activities that are usual for the athlete when not injured should be integrated into the regime.

Forward



Focus should not only be on getting the knee ready for sport, but the whole person.

Forward Limb

Symmetry

Affected Limb

Unaffected Limb

Limb

The knee needs to be stable and strong, with optimal neuromuscular patterning and biomechanics.



But the athlete needs to be confident and

Posteroemedial

Postereolateral



Sum Total



Limb
Symmetry

mentally ready to return to sport, and this will come from repetition of successful training and match play situations.

Cooper & Hughes Sports Vestibular Balance Test

Affected
Limb
Limb

Side to Side



Up and Down



A background of strength, balance, landing, and agility work needs to be done during this phase (and continue on into Phase 5), but the emphasis of Phase 4 ACL rehab is on progressive training, from restricted to unrestricted, and an eventual return to competition when ready

Single Hop Test

Affected
Limb
Limb

Trial 1



Trial 2



Average



Limb
Symmetry
Index

Triple Hop Test

Affected
Limb
Limb

Trial 1



Trial 2



Average



Affected
Limb
Symmetry
Index

Triple Crossover Hop Test

Affected
Limb
Symmetry
Index

Trial 1



Trial 2



Average



Affected
Limb
Symmetry
Index

Side Hop Test

Affected
Limb
Symmetry
Index

Trial 1



Affected
Limb
Symmetry
Index

Single Leg Rise Test

Affected
Lim~~af~~ed
Limb

Repetitions

Limb
Symmetry
Index

Part E: General Fitness Testing

 [Click Here: General Fitness Testing Work Sheet \(pg. 29\).](#)

Test 1

Name

Result

Baseline Result (if available)

Pass / Fail

Test 2

Name

Result

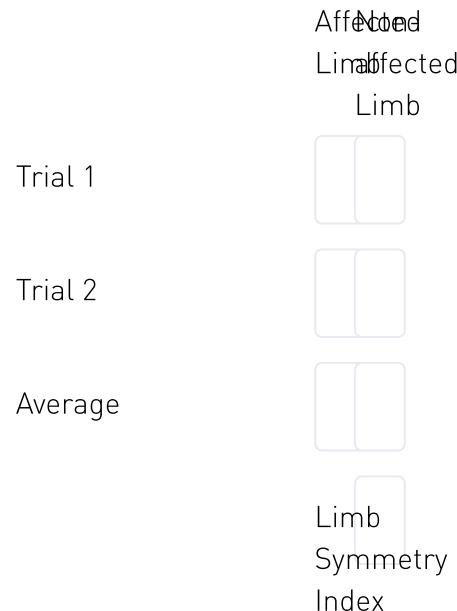
Baseline Result (if available)

Pass / Fail

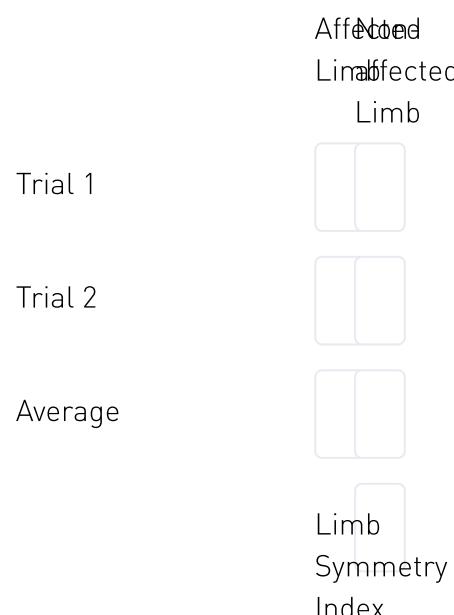
Part F: Fatigued State Testing

 [Click Here: Functional in a Fatigued State Testing Work Sheet \(pg. 30\).](#)

Single Hop Test



Triple Hop Test



Triple Crossover Hop Test

Trial 1



Trial 2

Average

Limb Symmetry Index

Side Hop Test

Trail 1



Limb Symmetry Index

Melbourne Return to Sport Score

Return to Sport Score

Return to Sport Hurdle

Cancel

Save

