

< Back to Patient

vijay sai Logout 

P4

revati

bheemu

ACL Rehab Survey

Main Sport

Knee

Athletics

Left

Injury Date

23-05-2024

Pre-Op

Complete

Phase 1

Complete

Phase 2

Phase 3

Phase 4

Patient ACL Rehab

My Invitations

My Account

Date

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

▼



Phase 4: Return to Sport

Part A: Stability, Swelling & Range

Swelling/Effusion

▼

Stability

▼


Flexion


▼

Extension


▼

Related Documents

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

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

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

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

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

IKDC Score

IKDC

Part C: Tampa Scale of Kinesiophobia (TSK-11)

TSK-11

TSK-11

Result

▼

Part D: Functional Testing

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

Star Excursion Balance Test

Forward

Affected Limb
Affected Limb

Forward Limb

Symmetry
Affected Limb

Posteroomedial

- back to sport if they have satisfied 3 key criteria:
- **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**
 - **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.**

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.

Focus should not only be on getting the knee ready for sport, but the whole person. The knee needs to be stable and strong, with optimal neuromuscular patterning and biomechanics. But the athlete needs to be confident and

Postereolateral

Sum Total

Limb
Symmetry

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

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

Cooper & Hughes
Sports Vestibular
Balance Test

Affected
Limb
Unaffected
Limb

Side to Side

✓

✓

Up and Down

✓

✓

Single Hop Test

Affected
Limb
Unaffected
Limb

Trial 1

Trial 2

Average

Limb
Symmetry
Index

Triple Hop Test

Affected
Limb
Unaffected
Limb

Trial 1

Trial 2

Average

Limb
Symmetry
Index

Triple Crossover
Hop Test

Affected
Limb
Affected
Limb
Affected
Limb

Trial 1

Trial 2

Average

Limb
Symmetry
Index

Side Hop Test

Affected
Limb
Affected
Limb
Affected
Limb

Trail 1

Limb
Symmetry
Index

Single Leg Rise
Test


Affected
Limb
Limb

Repetitions

Limb
Symmetry
Index

mb
/mm

Part E: General Fitness Testing

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

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

	Affected Limb	Non-Affected Limb
Trial 1	<div></div>	<div></div>
Trial 2	<div></div>	<div></div>
Average	<div></div>	<div></div>
	<div>Limb Symmetry Index</div>	

Triple Hop Test

	Affected Limb	Non-Affected Limb
Trial 1	<div></div>	<div></div>
Trial 2	<div></div>	<div></div>
Average	<div></div>	<div></div>
	<div>Limb Symmetry Index</div>	

Triple Crossover
Hop Test

	Affected Limb	Unaffected Limb
Trial 1	<input type="text"/>	<input type="text"/>
Trial 2	<input type="text"/>	<input type="text"/>
Average	<input type="text"/>	<input type="text"/>
Limb Symmetry Index		

Side Hop Test

	Affected Limb	Unaffected Limb
Trail 1	<input type="text"/>	<input type="text"/>
Limb Symmetry Index		

Melbourne Return to Sport Score

Return to Sport Score	<input type="text"/>
Return to Sport Hurdle	<input type="text"/>

