

Recommended Criteria to Initiate Impact Activities & Running

Pain \leq 2/10

Full Active Knee Extension

Knee flexion ROM \geq 95% of Uninvolved Side

Quad LSI \geq 70%
HS LSI \geq 70%

Quad/BW \geq 60%

Functional Hop & Power Tests
LSI \geq 70%

IKDC \geq 64%

Recommended Criteria to Initiate Return to Sport

Quad LSI \geq 90%
HS LSI \geq 100%

HS/QS \geq 60%

Quad/BW
Female: \geq 80%
Male: \geq 85%

Functional Hop & Power Tests
LSI \geq 90%

Y-Balance
Anterior Reach
Distance \leq 4 cm

IKDC \geq 90%

ACL-RSI \geq 60%

| Plyometrics | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Vertical Squat Jump – Double Leg | | | | | | | | | | | | ● | ● | ● |
| Horizontal Broad Jump – Double Leg | | | | | | | | | | | | ● | ● | ● |
| Lateral Jump – Double Leg | | | | | | | | | | | | ● | ● | ● |
| Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land | | | | | | | | | | | | ● | ● | ● |
| Jump Lunges | | | | | | | | | | | | ● | ● | ● |
| Box Drop – Double Leg | | | | | | | | | | | | ● | ● | ● |
| Continuous Broad Jumping – Double Leg | | | | | | | | | | | | ● | ● | ● |
| Vertical/Broad Jumps – Single Leg to Single Leg Land | | | | | | | | | | | | | ● | ● |
| Lateral Skater Hops – Single Leg | | | | | | | | | | | | | ● | ● |
| Box Drop – Single Leg | | | | | | | | | | | | | ● | ● |
| Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed) | | | | | | | | | | | | | ● | ● |
| Box Drop Jumps – Double Leg | | | | | | | | | | | | | ● | ● |
| Box Drop Jumps – Single Leg | | | | | | | | | | | | | | ● |
| Return to Running | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Walk/Jog Program | | | | | | | | | | | | ● | ● | ● |
| Running Progression | | | | | | | | | | | | | ● | ● |
| Sprinting Progression | | | | | | | | | | | | | | ● |
| Agility | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Quick Taps on Step | | | | | | | | | | | | ● | ● | ● |
| Standing Mountain Climbers at Wall | | | | | | | | | | | | ● | ● | ● |
| Shuffling & Grapevine | | | | | | | | | | | | ● | ● | ● |
| Back Pedaling | | | | | | | | | | | | ● | ● | ● |
| Agility Ladder Drills | | | | | | | | | | | | ● | ● | ● |
| Single Leg Hopping (Clock, Square) | | | | | | | | | | | | ● | ● | ● |
| Skipping/Bounding | | | | | | | | | | | | | ● | ● |
| Deceleration Drills | | | | | | | | | | | | | ● | ● |
| Cone Drills | | | | | | | | | | | | | ● | ● |
| Sport Specific Drills | | | | | | | | | | | | | | ● |
| Return to Sport | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Golf – Putt | | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Chip | | | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Irons | | | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Drivers | | | | | | | | | | | ● | ● | ● | ● |
| Play a Round | | | | | | | | | | | | ● | ● | ● |
| Hiking – Easy | | | | | | | | | | | | ● | ● | ● |
| Hiking – Moderate | | | | | | | | | | | | | ● | ● |
| Hiking – Difficult | | | | | | | | | | | | | | ● |
| Backpacking | | | | | | | | | | | | | | ● |
| Road Biking – Flat | | | | | | | | | | | | ● | ● | ● |
| Road Biking – Hills | | | | | | | | | | | | | ● | ● |
| Gravel Biking | | | | | | | | | | | | | | ● |
| Mountain Biking – Cross Country | | | | | | | | | | | | | ● | ● |
| Mountain Biking – Downhill | | | | | | | | | | | | | | ● |
| Snowshoeing, Nordic Skiing – Classic | | | | | | | | | | | | ● | ● | ● |
| Nordic Skiing – Skate | | | | | | | | | | | | | ● | ● |
| Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer | | | | | | | | | | | | | | ● |

Therapist Name: