

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	11	13	17
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	11	13	17
Walk/Jog Program											●	●	●
Running Progression												●	●
Sprinting Progression													●
Agility	1	2	3	4	5	6	7	8	9	10	11	13	17
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	11	13	17
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: