



CONE HEALTH[®]

Physical Therapy

AT DRAWBRIDGE PARKWAY

3518 Drawbridge Parkway
Greensboro, NC 27410

(336) 890-2980

Cone Health Return to Sport Testing for lower extremity

12 Weeks (for return to running)

Initial strength testing (Meniscal repair may delay initial testing)

Knee Extension 90 degrees

L ____

R ____

% Deficit ____

Knee Extension 45 Degrees

L ____

R ____

% Deficit ____

Hamstring 45 degrees

L ____

R ____

% Deficit

Hip abduction

L ____

R ____

% Deficit

Y balance (goal is to be within 4 cm of uninvolved leg)

Involved

Forward ____

Posterior Medial ____

Posterior Lateral ____

Un- Involved

Forward ____

Posterior Medial ____

Posterior Lateral ____



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Cone Health Return to Sport Testing

>8 months unless specified by MD

1. Dynamometric testing using Tindeq

Knee Extension 90 degrees

L ____

R ____

% Deficit ____

Knee Extension 45 Degrees

L ____

R ____

% Deficit ____

Hamstring 45 degrees

L ____

R ____

% Deficit ____

Hip abduction

L ____

R ____

% Deficit

2. Single Leg Hop

6 M Speed (seconds)

Surgical ____

Non- Surgical ____

Single leg hop for distance

Surgical ____

Non-Surgical ____

Triple hop for distance

Surgical ____

Non-Surgical ____



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Lateral Single leg Hop for Distance

Surgical _____

No-surgical _____

3. ACL-RSI

<https://www.medstarhealth.org/-/media/project/mho/medstar/services/pdf/acl-rsi.pdf>

Score

4. T-test

Sprint forwards 10 yards, shuffle to the left 5 yards, then shuffle to the right 10 yards, then shuffle back to the left 5 yards and then run backwards to return to the start/finish line

Men

< 9.50 seconds is excellent

<9.51–10.50 seconds is good, anywhere from

<10.51–11.51 seconds is average

> 11.50 seconds is considered to need improvement.

Women

< 10.50 seconds is excellent, a range between

< 10.51–11.50 seconds is good,

<11.51–12.50 seconds is average and a score that's

> 12.50 seconds is considered to need improvement.

Time _____