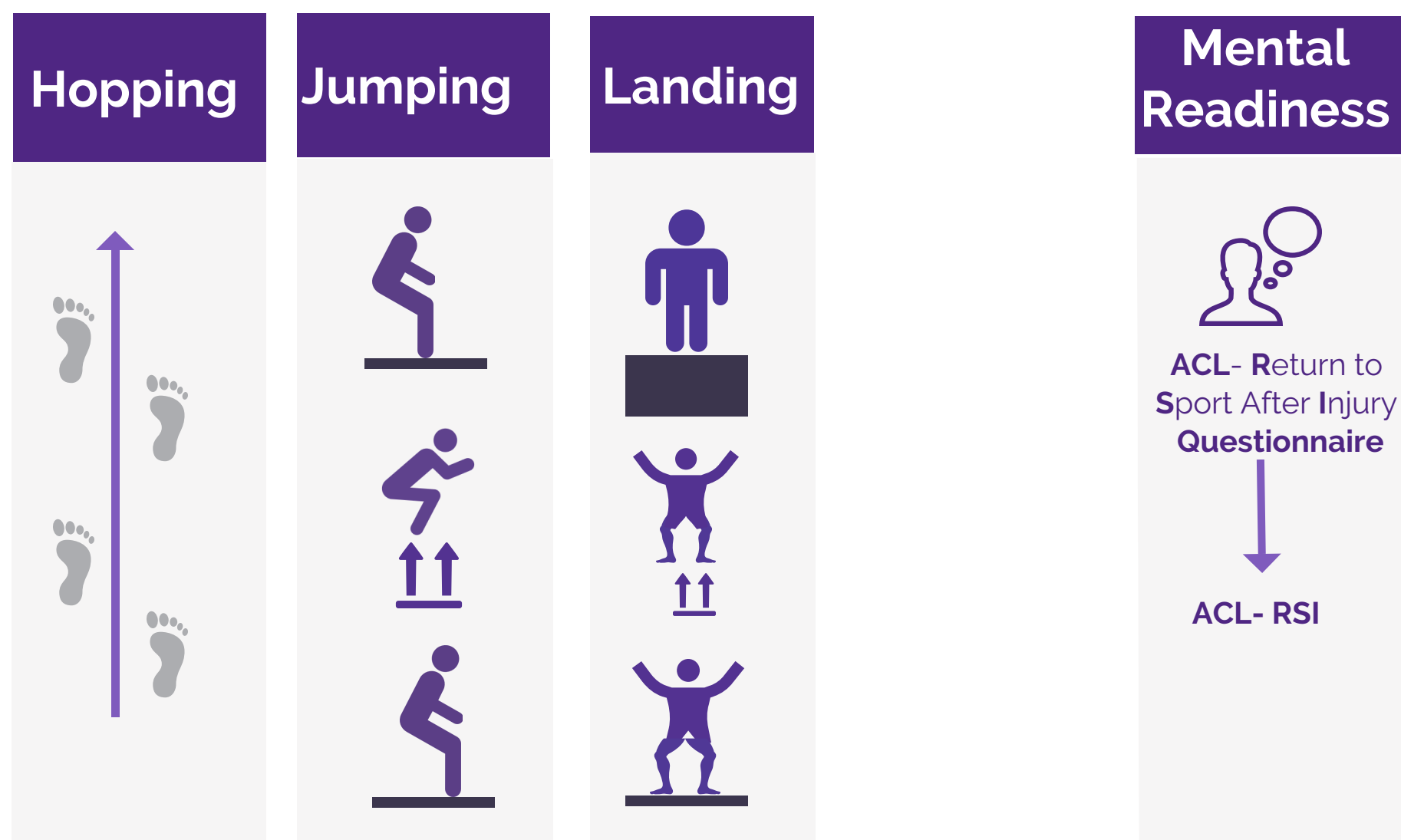


RETURN TO SPORT TESTING

When to test:

- >9 months post-ACLR
- Full Range of Motion
- No pain or swelling



*Results:

- ACL-RSI score <75 = re-injury risk
- Hop Test: 90-100% symmetry
- Symmetrical take off and landing
- Muscle control for hip/knee alignment
- NO dynamic knee valgus with patterning

**Based on individual presentations the battery of testing may vary*