

Return to Sport Testing Working Form

Range of Motion

ROM	Right	Left
Knee flexion		
Knee extension		
CKC DF		

Lower Quarter YBT

Anterior	Greatest Right	Greatest Left
Posteromedial		
Posterolateral		
Limb Length		

Functional Movement Screen

		Raw Score	Final Score	Comments
Deep Squat				
Hurdle	Left			
	Right			
In-Line Lunge	Left			
	Right			
Shoulder Mobility	Left			
	Right			
Active Impingement	Left			
	Right			
Active Straight Leg Raise	Left			
	Right			
Trunk Stability Push Up				
Extension	pos/neg			
Rotary Stability	Left			
	Right			
Flexion	pos/neg			

Hop Testing

	Right	Left
Single Hop		
Triple Hop		
Triple Crossover Hop		
6m Timed (avg of 3)	Avg	Avg
Hop and Stop: Hop (m)		
Hop and Stop: Leap (m)		

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Tuck Jump Assessment

		Present
Knee and Thigh Motion	Lower extremity valgus at landing	
	Thighs do not reach parallel (peak of jump)	
	Thighs not equal side-to-side (during flight)	
Foot Position During Landing	Foot placement not shoulder width apart	
	Foot placement not parallel (front to back)	
	Foot contact timing not equal	
	Excessive landing contact noise	
Plyometric Technique	Pause between jumps	
	Technique declines prior to 10 seconds	
	Does not land in the same footprint	

Landing Error Scoring System

Observing from the Front View	Stance width	Normal: 0 Wide: 1 Narrow: 1	
	Maximum foot rotation position	Normal: 0 Moderately externally rotated: 1 Slightly internally rotated: 1	
	Initial foot contact	Symmetric: 0 Non-symmetric: 1	
	Maximum knee valgus angle	None: 0 Small: 1 Large: 2	
	Amount of trunk lateral flexion	None: 0 Small to moderate: 1	
Observing from the Side View	Initial landing of the feet	Toe-to-heel: 0 Heel-to-toe: 1 Flat feet: 1	
	Amount of knee flexion displacement	Large: 0 Average: 1 Small: 2	
	Amount of trunk flexion displacement	Large: 0 Average: 1 Small: 2	
	Total joint displacement in the sagittal plane	Soft: 0 Average: 1 Stiff: 2	
	Overall impression	Excellent: 0 Average: 1 Poor: 2	

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Reactive Agility Test

	Cutting Left	Cutting Right
Trial 1		
Trial 2		
Trial 3		
Mean of 3 Trials		
Limb Symmetry		

Criterion		Scoring	Score	
Limb Symmetry Index		LSI 95-100%: 0 LSI 90-94%: 1 LSI 85-90%: 2 LSI <84%: 3		
Sagittal Plane	Knee Flexion	<i>Knee flexed less than 30 degrees at initial contact</i> 1 = present 0 = absent	Left	Right
	Hip Hinge	<i>The trunk is upright and lacks a posterior hip hinge at initial contact</i> 1 = present 0 = absent	Left	Right
	Foot Contact	<i>Initial contact of plant foot on flatfoot or rearfoot</i> 1 = present 0 = absent	Left	Right
Frontal Plane	Plant Limb Knee Abduction	<i>The plant knee is medial to the foot with >10 degrees knee abduction at initial contact</i> 1 = present 0 = absent	Left	Right
	Plant Contact	1 = soft 0 = firm	Left	Right
	Plant Stance Width	<i>The plant foot is narrower than shoulder width at initial contact</i> 1 = present 0 = absent	Left	Right
	Pelvic Rotation	<i>Lacks initiation of pelvic rotation towards target after initial contact</i> 1 = present 0 = absent	Left	Right
Total Score				

Trazer Assessments

	Test Completed (Yes/No)
Single Leg Squat	
Drop Jump Vertical	
Lateral Agility Screen (LAS)	
Flanker Test	