

FUNCTIONAL TESTING

Criterion	Test & Cut Score*	Patient Score		Pass/Fail
“Ticket to Entry:” Foundational Movement	Knee flexion ROM: <i>symmetrical to contralateral LE</i>			
	Knee extension ROM: <i>symmetrical to contralateral LE</i>			
	CKC Ankle Dorsiflexion: <i>>35 degrees tibial shaft angle</i>			
	Functional Movement Screen: <i>move2perform “pass” or “optimal”</i>			
	Y Balance Test: <i>move2perform “pass” or “optimal”</i>			
	Single Leg Squat: <i>≤5° valgus (Trazer) or SLS Test 0 errors</i>			
Jumping Mechanics	Tuck Jump Assessment: <i>≤3 errors</i>			
	Landing Error Scoring System (full): <i>≤5</i>			
Strength	Peak torque at 90 deg/sec: <i>≤10% isokinetic deficit</i>	Flexion	Extension	
	Peak torque at 240 deg/sec: <i>≤10% isokinetic deficit</i>	Flexion	Extension	
	Time to Peak Torque at 90 deg/sec: <i>≤10% isokinetic deficit</i>	Flexion	Extension	
	Time to Peak Torque at 240 deg/sec: <i>≤10% isokinetic deficit</i>	Flexion	Extension	

Criterion	Test & Cut Score*	Patient Score			Pass/Fail
Power	Anterior Hop: ≥97% LSI				
	Triple Hop: ≥97% LSI				
	Triple Crossover Hop: ≥97% LSI				
	6m Timed Hop: ≥97% LSI				
	Hop & Stop: <i>Optimal with move2perform</i>	Hop % Height	Stop/Hop Ratio		
Agility (≤3 trials)	Trazer Lateral Agility Screen (LAS): ≥95% Limb Symmetry Index	Reaction Time	Acceleration	Deceleration	
	Trazer Flanker Test: ≥95% Limb Symmetry Index	Reaction Time	Acceleration	Deceleration	
Cutting	Reactive Agility Test with laser timing: >95% LSI, clean mechanics				
Psychological Readiness	ACL Return to Sport Scale (ACL-RSI): ≥75				
	IKDC: ≥95%				

*It is highly recommended to compare testing values to pre-injury values and/or acceptable population norms when available

INTRINSIC RISK FACTORS

Criterion	Test & Cut Score	Criterion Present (Yes/No)
Gender	Gender: <i>Female</i>	
Anterior Knee Laxity	Lachman's or KT-2000: <i>≤3mm Translation</i>	
Mechanism of Injury	Injury MOI: <i>Non-Contact</i>	
Family History	Parent or Sibling: <i>History of ACL Tear</i>	
Level of Sport	Returning to Level I Sport: <i>Males: football</i> <i>Females: soccer or basketball</i>	
Anatomy	Lateral Tibial Slope: <i>Steeper posterior-inferior lateral tibial slope as determined by surgeon</i>	
	Intercondylar Femoral Notch Size: <i>Decreased as determined by surgeon</i>	
Past Medical History	Contra or Ipsi ACL Tear: <i>Yes/No</i>	

RETURN TO SPORT DECISION

Cleared for Full Return to Sport	Compilation Data	Recommended Post-Rehab Program
9-12 Months Post-Op	≤2 intrinsic risk factors, & passed all functional tests	On-Field IPP (FIFA F-Marc 11, PEP, etc) as well as sport-specific work capacity training
12-18 Months Post-Op	3-4 intrinsic risk factors, & passed all functional tests	On-Field IPP (FIFA F-Marc 11, PEP, etc) as well as sport-specific work capacity training
18+ Months Post-Op ¹³⁻¹⁴	≥5 intrinsic risk factors, & passed all functional tests	On-Field IPP (FIFA F-Marc 11, PEP, etc) as well as sport-specific work capacity training