

ANKLE RETURN TO SPORT

Eccentric Box Jump with Vertical Jump 8"/10" (Best of 3)	R (P/F/G)	L (P/F/G)
Trial 1		
Trial 2		
Trial 3		
(P=poor, F=fair, G=good)		
Criteria Met (Y/N):		
Comments (eccentric control, valgus control):		

Single Leg Hop Test	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
Comments (eccentric control, valgus control):			

Triple Hop Test	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
Comments (eccentric control, valgus control):			

Crossover Hop Test	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
Comments (eccentric control, valgus control):			

Figure 8 (5m distance x2 laps for time)	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
If >90% LSI = pass			
Comments:			

30cm Side Hop Test (10 reps for time)	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
If >90% LSI = pass			
Comments:			

10” Single Leg Hop Test (10 SL hop for time)	R	L	%LSI
Trial 1			
Trial 2			
Trial 3			
Total			
If >90% LSI = pass			
Comments:			

Eccentric Box Drop with Vertical Jump

The patient is to "fall"/step forward off of a 8" or 12" plyometric box landing with both feet flat; immediately execute a maximal effort vertical jump, landing into a squat position. The height of plyometric box is determined by the provider while considering the goals of the patient

Passing Criteria:

1. Knee flexion angle greater than 30° upon landing
2. Demonstrates excellent sagittal and frontal plane control
3. Knee does not go beyond toes in squat position
4. Able to maintain equal weight distribution and demonstrates lack of compensation upon takeoff and landing

Single Hop Test for Distance

The patient is to jump as far forward off of one leg and land on the same leg. The patient will alternate one jump per side for a total of 3 jumps per side. The measure will be from the take-off to the landing heel.

Passing Criteria:

1. Passing score is LSI \geq 90%
2. Able to perform hop and landing without dynamic knee valgus
3. Able to maintain upright trunk during knee flexion
4. Landing must be held for three seconds without touching the other extremities to the ground or using an additional hop balance to be considered a successful jump

Triple Hop Test for Distance

The patient is to jump as far forward for three consecutive jumps off of one leg and land on the same leg. The first and second landings should be with a pause on ground contact. The patient will alternate one series per side for a total of three jumps per side. The measure will be from the take-off toe landing heel (of final landing).

Passing Criteria:

1. Able to perform repetitions without dynamic valgus
2. Able to maintain upright trunk during knee flexion
3. Passing score is LSI \geq 90%
4. The final landing must be held for three seconds without touching the other extremities to the ground, or using a additional hop for balance to be considered a successful jump

Crossover Hop Test for Distance

The patient is to jump as far forward for three consecutive jumps off of one leg and land on the same leg, crossing over a 6 inch wide line. The patient will begin the jump with the line on the lateral aspect of their foot. The patient will alternate one series per side for a total of three jumps per side. The measure will be from the take-off toe to the landing heel (of the final jump).

Passing Criteria:

1. Passing score is LSI $>$ 90%
2. Able to perform hop and landing without dynamic knee valgus
3. Able to maintain upright trunk during knee flexion
4. Landing must be held for three seconds without touching the other extremities to the ground or using an additional hop balance to be considered a successful jump

Figure 8 Hop Test

Two cones spaced 5 meters apart. Patient instructed to perform single leg hop in figure 8 pattern around cones. Two laps around figure 8 in succession recorded for time.

Passing Criteria:

1. Passing score is LSI \geq 90%
2. Good control of movement patterns

30cm Side Hop Test

Two lines on ground spaced 30cm apart. Patient instructed to perform single leg lateral hops spanning the distance of at least 30cm

Passing Criteria:

1. 90% LSI in time to complete
2. Good control with maintenance of frontal plane movement patterns

10" Single Leg Hop Test

Patient performs 10 single leg hops onto and off of 10" plyometric box, recorded for time.

Passing Criteria:

1. 90% LSI in time to complete
2. Good control of movement patterns