

### **Higher Level Post-Operative Knee Criteria for Progression:**

#### **Phase 3 -> Phase 4a   \*\*\*Return to Running\*\*\***

- Full ROM
- No effusion
- Single leg squat to at least 30 degrees for 90 seconds.
- 75% LSI of both quads and hamstrings using a HHD

#### **Phase 4a -> Phase 4b**

- Y test < 4cm
- Lateral heel tap on box 8-12 inches (clinical judgement to estimate 45 degrees) x 1 min, 90% LSI
- IKDC > 7/10

#### **Return to Sport:**

- Functional sports test
- Isokinetic if available, OR HHD > 90% LSI on both quads and HS
- IKDC > 9/10

**Passing Phase 4a may be used as a sports test for low level athletes (rec skier, mtn biker; PT discretion). These patients may be appropriate for discharge after completing those criteria**

***LSI=limb symmetry index***