



ADVANCED
ORTHOPAEDIC
SPECIALISTS

Return to Sport Testing Protocol

Anterior, Posteriolateral and Posteromedial Reach (Y Balance)

- Single leg stance with multi-directional reach with lower extremity
- Affected limb must be within 4cm of unaffected limb each direction

Single Limb Hopping

- Affected limb must be within 85% of unaffected limb
- Consists of:
 - Single Horizontal Hop
 - Forward Triple Hop (Hop-Hop-Land)
 - Zig-Zag Triple Hop (i.e. RLE hops diagonal right, diagonal left, diagonal right)
 - 6 Meter Single Leg Hop for Speed

Vail Sports Test

- Forward Resisted Jog-in-Place (2 minutes)
- Backward Resisted Jog-in-Place (2 minutes)
- Resisted Lateral Bounding (1 minute 30 seconds)
 - Resistance applied on affected side
- Single Leg Endurance Squat (3 minutes)