

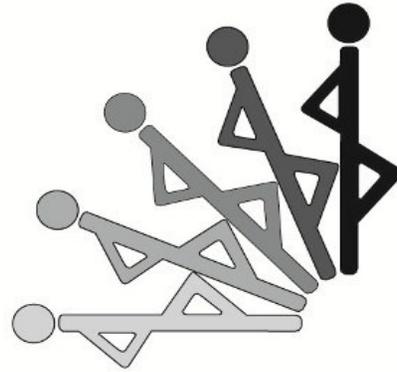
## How will the tests be administered?

**Isokinetic test**-The unaffected and affected leg will be tested at 180 and 240°/sec to get an objective measurement of quadriceps/ hamstring strength

**One Leg-Leg Press**- A weight will be selected that the patient can do on the affected side between 6-10 reps and will be compared to the unaffected side. A deficit number will be given.

**One Leg Vertical Jump**-The patient will be asked to jump from their affected side and their unaffected side and a deficit number will be given. The patient will be instructed to land on both legs.

**Circumferential Measurements**-A measurement will be taken at mid-thigh to measure quadriceps atrophy and/or the widest part of the calf to measure calf atrophy.



## Snyder Physical Therapy

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A letter will be sent to the Physician with the results of the tests.

## Returning Athletes to Sports

Objective Tests Evaluation used to make it easier for you to decide if your athletic population is ready to return to sports.



## Snyder Physical Therapy

Snyder Physical Therapy has designed an evaluation program that can make it easier for you to decide if your athletic patient is ready to return to competition.

## Who is this evaluation program intended for?

ACL Reconstructions  
PCL Reconstructions  
Meniscal Repairs  
Knee Arthroscopies  
Patellar Realignment  
Knee Sprains  
Other Lower Extremity Injuries/Surgeries

## Evaluation Tests

- ◆ **Isokinetic Tests**-this test will give you an accurate objective measurement of the athletes quadricep/hamstring strength.



- ◆ **One Leg-Leg Press**-this test will give you an accurate and objective measurement of the athletes overall lower extremity strength.



- ◆ **One Leg Vertical Jump**-this test will give you an accurate and objective measurement of the athletes lower extremity power.
- ◆ **Circumferential measurements**-these measurements will tell you how much atrophy there is in the thigh and/or calf .



All of these tests and measurements will be performed on the unaffected extremity so you have a baseline measurement.

You can request all of the tests or any combination you deem appropriate for your patient.

Other tests can also be administered at your request.