



Indiana University Health

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Proposed Standardization Plan for ACL Functional Testing

Goals:

- Create a “Gate System” for progression as compared to current “Timeframe System”
 - This will ensure the individual are prepared physically and mentally for progression to the next phase
- Decrease patient focus on “Dates” and instead give the patient “Functional Goals” that they are striving for to keep them focused when training.
 - Currently some individuals only talk about a date or a time for getting back to jogging or cutting or playing.
- Standardization of Functional Testing to improve accuracy of testing and improve quality of the rehabilitation to ultimately improve retear rates and return to sport statistics.

Phase 1: Early Rehabilitation (Day 1 – Progression to Phase 2)

- Goals: Improve Range of Motion, Decrease / Control Early Swelling, Progress Ambulation, Improve Strength, Facilitate Good Neural Control / Balance

REQUIREMENTS TO PROGRESS TO PHASE 2 – Jogging / Interval Running Phase

1. Range of motion 0 – 125 for normal functional mobility
2. No abnormal gait pattern deviations during fast treadmill walking for 15 minutes
3. Step & Hold for 30 seconds without loss of balance and good sagittal plane stability
4. 10 consecutive single leg squats to 45 degrees without loss of balance, lateral trunk lean, pelvic tilt, femoral IR or knee valgus

5. 80% symmetry on unilateral leg press test (0-90 degrees), can calculate as a one rep max or max reps at body weight
6. Pass Y-Balance Test: No difference greater than 4cm with anterior movement when comparing side to side & greater than 90% composite score

Jogging will occur with a 2 month structured interval program, walking / jogging

REQUIREMENTS TO PROGRESS TO PHASE 3 – Cutting / Agility Phase

1. Pass the iLESS
 2. Single Leg BOSU Squat
 3. Single Leg Hip for Distance
 4. 90% Symmetry on unilateral leg press test (0-90 degrees)
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REQUIREMENTS TO PROGRESS TO PHASE 4 – Return to Practice / Contact / Play

1. Triple Cross Over Hop
 2. Single Leg Hop for Height
 3. T Hop Test or Medial Lateral Hop Test
 4. ACL RSI
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