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Australian ACL Return to Sport Score Functional Testing Information

Randall Cooper

Randall is a physiotherapist who consults at the Olympic Park Sports Medicine Centre, and has previously worked with the Hawthorn Football Club and Australian Winter Olympic Team. Randall offers a physiotherapy service at the Hawthorn Aquatic and Leisure Centre which includes return to sport testing, exercise rehabilitation, and injury prevention programming. This non traditional form of physiotherapy utilizes the gymnasium, football ground, court spaces, and swimming pool.

What's involved?

Testing involves the following 5 tests:

Single Leg Hop Test

You will be asked to stand on one leg and hop as far forward as possible landing on the same limb. Subjects are allowed two attempts and the distance is recorded with a tape measure fixed to the ground.

Single Leg Cross Over Triple Hop Test

The test is performed with on a course consisting of a thin 15cm marking strip on the floor. You will be required to hop three consecutive times on one foot, crossing the strip on each hop, landing as far forward as possible.

Single Leg Balance Test

You will be asked to stand on one foot. The eyes are then closed for 30 seconds. If your leg touches the other, the feet move forward, or the foot touches down the test is failed. If you fail the first test a second trial is performed with the results of the second trial counting (positive or negative).

3 Repetition Maximum Single Incline Leg Press

The test is performed with a 45° incline leg press. The seat is set at 90° to the slide and the foot is placed on the footplate so the hip is flexed to 90°. A valid repetition is one in which the weight is lowered to 90° knee flexion. Three successful repetitions are required, and the total weight is measured (mass of sled + weights).

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Run Forward Modified Agility T-Test

You will be asked to run forward through the course illustrated below. By running forward through the course subjects change direction in only one direction with four-90° turns and one-180° turn, thus maximizing comparison of side to side differences. The course is completed twice in each direction and timed using a stopwatch.

