

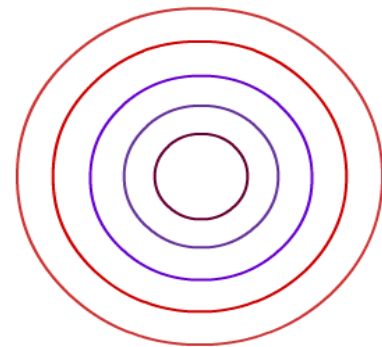
Matthew Varacallo MD
Sports Rehabilitation
1 Month Post Op ACL Report Card

Patient Name:

Date:

Goal	Attained	Not Attained	
Full passive extension ROM in supine & prone			
Flexion ROM to 125 degrees			
No lag sign with supine SLR			
Normal patellar mobility			
Effusion to <2cm measured mid-patella			
Attain full weight bearing in locked brace and ambulate in safe manner			

ARE YOU ON TARGET?



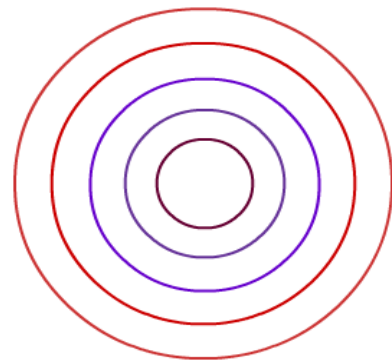
Matthew Varacallo MD
Sports Rehabilitation
2 Month Post Op ACL Report Card

Patient Name:

Date:

Goal	Attained	Not Attained	Comments
Swelling- less than 0.5 cm			
Full ROM			
Normal gait			
Able to perform 4" lateral step down with good form			
1-leg stand >30"			

ARE YOU ON TARGET?



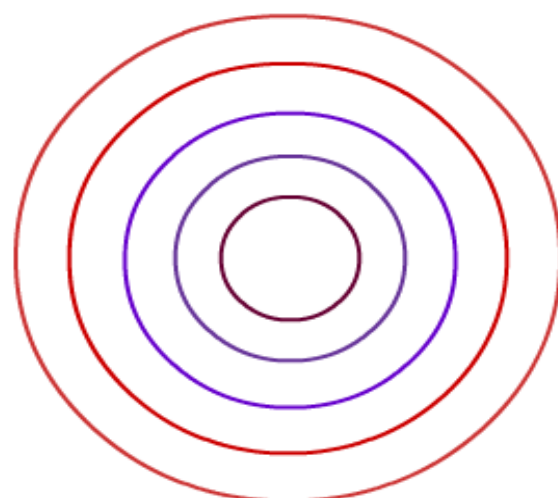
Matthew Varacallo MD
Sports Rehabilitation
4 Month Post Op ACL [Report Card](#)

Patient Name:

Date:

Goal	Attained	Not Attained	Comments
Isometric Quad Strength- <40% deficit			
Fwd 4" step down one minute test- <10% deficit			
Fwd 4" step down quality test- form score >14/18			
Y balance anterior reach- <4cm deficit			
Forward Plank- 90 second hold			

ARE YOU ON TARGET?



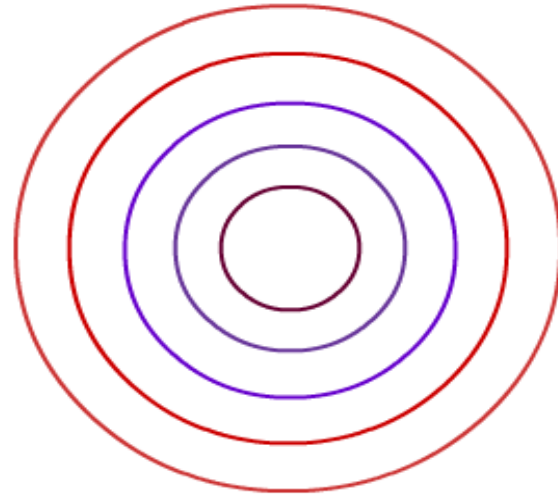
Matthew Varacallo MD
Sports Rehabilitation
6 Month Post Op ACL Report Card

Patient Name:

Date:

Goal	Attained	Not Attained	Comments
Isometric Quad Strength- <20% deficit			
Fwd 6" step down one minute test- <10% deficit			
Normal running gait			
All single leg hop tests <15% deficit			
Forward Plank- >120 second hold			

ARE YOU ON TARGET?



Matthew Varacallo MD
Sports Rehabilitation
8 Month Post Op ACL Report Card

Patient Name:

Date:

Goal	Attained	Not Attained	Comments
Isometric Quad Strength- <10% deficit			
All single leg hop tests <10% deficit			
LEFT agility test to within age norms			
Side plank- >90 second hold			
Forward Plank- >180 second hold			

ARE YOU ON TARGET?

