



(x100 to get percent)

5. Agility Testing: 10 yard Lower Extremity Functional Testing  
Sprint/back-peddle, shuffle R/L, carioca R/L, Sprint to opp. cone and finish  
Goal for males 18-22 sec, Females: 20-24 seconds  
Trial 1: \_\_\_\_\_ Trial 2: \_\_\_\_\_  
Quality: \_\_\_\_\_ Comfortable with direction change  
Note any other deviation: \_\_\_\_\_

6. Cutting Quality (comment on deviation from norm):
- a. 90 degree turn R outside \_\_\_\_\_
  - b. 90 degree turn L outside \_\_\_\_\_
  - c. 90 degree turn R inside \_\_\_\_\_
  - d. 90 degree turn L inside \_\_\_\_\_
  - e. S running \_\_\_\_\_

7. Step Down Test 0-60 degrees +10- 25% BW for 60 seconds (extra weight used: \_\_\_\_\_)
- |                         |            |                 |
|-------------------------|------------|-----------------|
| Reps : Right _____      | Left _____ | % deficit _____ |
|                         | Y          | N               |
| No valgus               | _____      | _____           |
| No hip drop             | _____      | _____           |
| No excessive trunk mvmt | _____      | _____           |
| No excessive lordosis   | _____      | _____           |

8. Additional tests/strength measures (plank, isometric data, etc)

9. IKDC Question #10: How would you rate your knee function on a scale of 0 to 10 with 10 being excellent function and 0 being the inability to perform your normal daily activities including sports? \_\_\_\_\_ (goal >9)

### RESULTS / RECOMMENDATIONS

- \_\_\_\_\_ Pass (>90% on all measures and no quality issues)  
\_\_\_\_\_ Did not pass hop testing  
\_\_\_\_\_ Passed hop testing for distance, but had abnormal quality of movement during certain functional tasks. Recommend improving the following and retest:  
\_\_\_\_\_ Strength \_\_\_\_\_ Jumping/hopping technique \_\_\_\_\_ Agility  
\_\_\_\_\_ Endurance \_\_\_\_\_ Neuromuscular control \_\_\_\_\_ Trunk control

If there is a passing grade, further advanced testing may be indicated including:

- \_\_\_\_\_ Fatigue Hop Testing  
\_\_\_\_\_ Power Vertical Hop Analysis