Return to Run Criteria

*All need to have good form, control, and NO INCREASE IN SWELLING*

*Appropriate tissue healing times for any s/p (ACL>12 weeks)*

*This test cluster doesn’t have to be completed all within 1 treatment session*

- SL Squat to Box for 60 sec
  - 50-70 degrees of knee flexion at the bottom of the squat
  - 80% of reps compared to unaffected leg
- SL Soleus (knee bent) Raise 60 sec @ 80 BPM using metronome
  - Try to match metronome
  - 80% of reps compared to unaffected leg
- SL Leg Press 10RM (80% of weight compared to unaffected leg)
- Side Plank 90 sec hold each side
- Closed Kinetic Chain Dorsiflexion >35 degrees
- LE Y Balance, asymmetries <10cm, composite score >85%

Pt must demonstrate with good form and control:

- DL Hop Sequence
  - 4 trips clockwise
  - 4 trips counterclockwise
  - 10 diagonals
  - 10 opposite diagonals
  - = 1 set
- SL Hop Sequence (forward / backward only)
  - 10 forward / backward = 1 set

*If patient passes this criteria, they can begin a straight plane, level surface walk-run program with no more than 10% increase in mileage/time per week*