

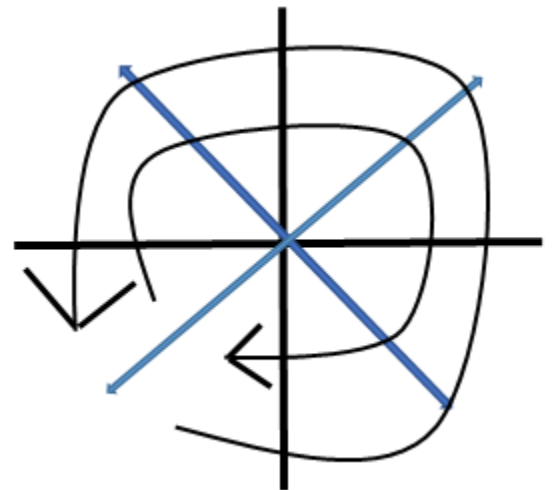
Return to Run Criteria

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*