ACLR Testing Algorithm

ACL Post-Operative Testing

Competitive or Recreational Athlete

General Orthopedic Population

Contact sports or sports that require repeated sprinting, pivoting, and/or cutting

IKDC $\geq$ 85%

Quad and HS strength $\geq$ 90%

HS/quad ratio $\geq$ 60%

Pass full FLEE test

No pain, apprehension, or instability with simulated sport specific training

Non-contact sports or sports that DO NOT require repeated sprinting, pivoting, and/or cutting

IKDC $\geq$ 85%

Quad and HS strength $\geq$ 90%

HS/quad ratio $\geq$ 60%

Pass FLEE test (minus LEFT test)

No pain, apprehension, or instability with simulated sport specific training

Full ROM without pain

IKDC $\geq$ 85%

Quad and HS $\geq$ 90%

HS/quad ratio = 60%

Balance/proprioception WNL

$\geq$ 90% on single, triple, and crossover hop tests *

* Clinician dependent decision