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%
- Quad peak torque/BW $\geq$ 1.00
- **Pass full FLEE test**
- No pain, apprehension, or instability with simulated sport specific training

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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%
- Quad peak torque/BW $\geq$ 1.00
- **Pass FLEE test (minus LEFT test)**
- No pain, apprehension, or instability with simulated sport specific training

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- Full ROM without pain
- IKDC $\geq$ 85%
- Quad and HS $\geq$ 90%
- HS/quad ratio $\geq$ 60%
- Quad peak torque/BW $\geq$ 1.00
- Balance/proprioception WNL
- $\geq$ 90% on single, triple, and crossover hop tests *

   * Clinician dependent decision