

CRITERIA FOR RETURN TO PLAY

Following a lower extremity injury, athletes must perform the following skills without pain or compensation before safely returning to play.

***ATHLETE SHOULD HAVE FUNCTIONAL STRENGTH BEFORE PERFORMING THESE DRILLS.**

1. NO LIMITED RANGE OF MOTION OF INJURED JOINT
2. ATHLETE ABLE TO BALANCE ON UNEVEN SURFACE > 20 SECONDS
3. FUNCTIONAL SINGLE LEG HOP TEST: THE ATHLETE MUST HOP WITHIN 10% THE DISTANCE OF UNINJURED LEG
4. SPRINT (FORWARDS AND BACKWARDS)
5. SIDE SHUFFLE (BOTH DIRECTIONS)
6. FIGURE EIGHTS (BOTH DIRECTIONS)
7. CARIOCAS (BOTH WAYS)
8. 45° ANGLE CUTS (BOTH WAYS)
9. 90° ANGLE CUTS (BOTH WAYS)
- ALL DRILLS ARE TO BE TESTED AT FULL SPEED.



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