

Functional Test

Name _____ Date _____
 Procedure _____
 Procedure Date _____

Functional Testing (Recommended at end of week 16, week 20 and week 24).

TEST	Involved	Uninvolved	RAW score	Percentage	Normal
Fxnl Mvmt Squat					3
Fxnl Mvmt Lunge					3
Fxnl Mvmt Hurdle					3
Fxnl Mvmt Shoulder Mob					3
Fxnl Mvmt ASLR					3
Fxnl Mvmt Trunk Stability					3
Pushup					
Fxnl Mvmt Rot Stability					3
FMS score					14/21
Girth Measurements (Knee)					>95%
Girth (5cm above)					>95%
Girth (15cm above)					>95%
Total ROM (flex + ext) degrees					
Single leg hop for distance (cm)					>90%
Crossover hop test for distance (cm)					>90%
Triple Hop					>90%
Vertical Jump (cm)					>90%
Isokinetic test (90/180 deg/sec)					>90%
10 Rep Max Quadriceps OKC (lb)					>90%
10 Rep Max Hamstrings OKC (lb)					>90%
Double leg jump and tuck in test (%VAS)					>90%
8 inch single leg step down/squat (degrees)					>90%
Modified Agility T-run					>95%
5mph treadmill run					Symmetric
Y-test anterior					<4cm
Y-test post-med					<4cm
Y-test post-lat					<4cm
International Knee					>90%

Signature _____ Date _____