

The patient was here today to complete return to sport testing. Results are as follows:

Patient Name: _____

Today's Date: _____

Surgery: _____

Single leg hop for distance: cm

	Trial 1	Trial 2	Trial 3	Average
Right Leg:				
Left Leg:				
Percentage:	%			

6 M Single leg hop for time: sec

	Trial 1	Trial 2	Trial 3	Average
Right Leg:				
Left Leg:				
Percentage:	%			

Single leg cross over hop: cm

	Trial 1	Trial 2	Trial 3	Average
Right Leg:				
Left Leg:				
Percentage:	%			

Hand held Dynamometer Mid-Range: pounds

Quadriceps:	Trial 1	Trial 2	Trial 3	Average
Right Leg:				
Left Leg:				
Percentage:	%			

Hamstring:	Trial 1	Trial 2	Trial 3	Average
Right Leg:				
Left Leg:				
Percentage:	%			

Hamstring to Quadriceps Ratio:

Left: _____% Right: _____%