

Dr. LaFrance 12 Week Functional Test
-following ACL reconstruction (either Patella Tendon graft or Hamstring graft)

OBSERVATION, QUALITATIVE/QUANTITATIVE ANALYSIS TO DETERMINE PATIENT'S ABILITY TO PROGRESS TO PLYOMETRICS AND JOGGING. A SUCCESSFUL PERFORMANCE IS NECESSARY TO PROGRESS TO NEXT STAGE OF REHABILITATION.

Patient: _____ Date: _____

0 1 2 3 VAS PAIN LAST 24 HOURS 4 5 6 7 8 9 10

GIRTH (CM) R L
15 CM SUP TO S.P.P.= _____
15 CM INF TO I.P.P.= _____

SINGLE LEG SQUAT TO 45 DEGREES KNEE FLEXION

COMPARE INVOLVED (I) TO UNINVOLVED (U) AND OBSERVE/DOCUMENT

(E- EXCELLENT, VG- VERY GOOD, G- GOOD, F- FAIR, AND P-POOR)

-PLEASE CIRCLE THE APPROPRIATE ANSWER

I BALANCE:	E	VG	G	F	P
U BALANCE:	E	VG	G	F	P
I SL CONTROL:	E	VG	G	F	P
U SL CONTROL:	E	VG	G	F	P

QUALITATIVE DESCRIPTION:

LOWER EXTREMITY FUNCTIONAL REACH TEST:

SL STANCE 3-POINT REACH: ANTERIOR, LATERAL, AND POSTERIOR

I= _____ CM	I: A= _____	L= _____	P= _____
U= _____ CM	U:A= _____	L= _____	P= _____

ADD TOGETHER, THEN I/U

I/U= _____%

TESTER: _____

FAX RESULTS TO HAMILTON ORTHOPAEDICS FOR PHYSICIAN REVIEW- FAX
(315)-824-8961