**ACL rehabilitation overview and criteria checklist** adapted from: *Melbourne ACL rehabilitation guide 2.0 (Randall Cooper and Mick Hughes).*

## 1. Pre-op Phase: Injury recovery & readiness for surgery

- Goals: Eliminate swelling and Regain full range of motion

**Exit criteria:** *0 deg passive knee extension *125 + passive knee flexion *0-1+ Stroke test

## 2. Recovery from surgery

- Goals: Full knee extension, swelling down to mild, increase quadriceps motor control

**Exit Criteria:** *0 – 5 degrees Quadriceps lag test *All other exit criteria as above

## 3. Strength & neuromuscular control

- Goals: single leg balance, muscle strength, single leg squat technique

**Exit Criteria:** *0 score Stroke test *Single leg calf raises >85% vs. contralateral
*Functional alignment test: 5 x single leg squat test (= 'Good')
*Unipedal stance test (eyes open: 43 sec, closed: 9 sec)
*Single leg bridge strength (20 reps) and endurance test (30 sec) and >85% contralateral

## 4. Running, agility, and landing

- Goals: Hopping performance, agility program, modified game, full strength/ balance

**Exit Criteria: All hop tests >95% compared to contralateral side**

*Single leg hop test *Triple hop test *Triple cross over hop test *Side hop test
*Single leg squat (>22 repetitions both limbs)
*Cooper & Hughes Sports Vestibular Balance Test = Pass on both limbs
*Star Excursion Balance Test (Gribble et al, 2012) >95% vs. contralateral side

## 5. Return to sport

**Exit Criteria:** >95/100 Melbourne Return to Sport Score (Authors: Randall Cooper & Mick Hughes)

I. **Clinical examination**: *Pivot-shift test, *Prone hang test, *Effusion, *PROM flexion
II. **Functional testing**: Dynamic/vestibular balance tests as above Single leg rise test (90deg flexion) *Single hop *Triple hop *Triple cross over hop test *Side hop
III. **Fatigued state** (7/10 VAS scale): Single hop, Triple hop, Triple cross over, Side hop
IV. **General fitness tests:** Pass/Fail sport specific
V. **Questionaries**: *IKDC Subjective Knee Evaluation *ACL-RSI *Tampa Scale of Kinesiophobia.