Hip Return to Sport Testing

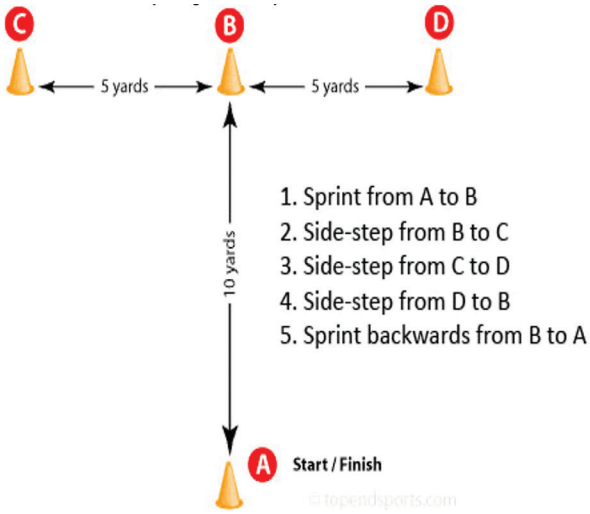
- Designed to determine current capacity for possible return to sport. Ideally this cluster of tests helps the healthcare professional make a more informed decision about the athlete's ability to return to high level sport performance.
- Metrics to achieve for return to sport
  - >90% for LSI on functional hop tests (SL hop for distance, SL medial turn (90°))
  - HUMAC NORM (Isokinetics): hip abduction and extension (strength to body weight ratio)
  - T-test: < 11 seconds
  - SL lateral hop: <10% difference as compared to non-operative side
  - STAR excursion: <10% difference as compared to non-operative side
  - Copenhagen Plank Endurance Test: 3 minute max hold
- If metrics not achieved, then continue with strengthening and preparatory measures for re-testing in 1 month

Testing

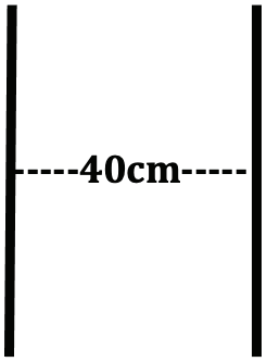
- Functional Hop Tests: >90% for limb symmetry index (average of 3 trials)
  - SL hop for distance
  - SL medial turn (90°)
- Isometric Hip Strength: side to side comparison
  - Hip external rotation- seated with handheld dynamometer proximal to medial malleolus
  - Hip abduction- sidelying with back against wall, handheld dynamometer 10 cm above lateral femoral condyle

FAI Return to Sport Testing

- T-Test: < 11 seconds (average of 3 trials)



- Single Leg Lateral Hop: <10% difference as compared to non-operative side
  - 30 seconds
  - 40cm apart



- STAR Excursion: <10% difference as compared to non-operative side (average of 3 trials)
  - Posteriolateral Reach (cm)
  - Posteriomedial Reach (cm)

- Copenhagen Plank Endurance Test: asess limb symmetry
  - 3 minute max hold

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