

Return-to-Sport Checklist

The objective benchmarks we test before any athlete goes back to cutting, jumping, and competing. A calendar date is not a criterion. If you can't check the box, you're not done yet, but you're close.

Strength

- ☐ **Quad strength within 10% of the uninvolved side.** The single most-cited deficit behind re-injury.
- ☐ **Hamstring strength within 10%** and hamstring-to-quad ratio appropriate for your sport.
- ☐ **Single-leg press or split squat:** equal reps at equal load, no compensation.

Power & landing

- ☐ **Hop battery $\geq$ 90% limb symmetry:** single hop, triple hop, crossover hop, 6-meter timed hop.
- ☐ **Soft, symmetric landings on video:** no knee cave, no trunk lean, no stiff-leg strategy.
- ☐ **Repeated jumps without breakdown when fatigued.** Fatigue is when form fails and injuries happen.

Speed & sport movement

- ☐ **Full-speed sprinting, decelerating, and backpedaling** without hesitation or soreness the next day.
- ☐ **Planned cutting at game speed, both directions.**
- ☐ **Reactive (unplanned) change of direction:** responding to a cue, not choreographing the move.

Readiness

- ☐ **You trust the leg:** no guarding, no bracing, no "thinking about it" mid-play. Psychological readiness predicts re-injury.
- ☐ **Conditioning matches your sport's demands:** a ready knee on an unready engine still fails.
- ☐ **Time: typically 9+ months post-ACL reconstruction.** Necessary, but never sufficient on its own.

This checklist is educational and doesn't replace an individual medical evaluation. Benchmarks are tested with standardized protocols. Self-testing at home approximates, but doesn't confirm, readiness.

Want the numbers measured properly? [Book a return-to-sport evaluation.](#)

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