



Knee Functional Criteria

Running

- SL squat for 90 seconds (black sport cord)
- Forward and backward running for 1min each (black sport cord)
- No anterior knee pain
- Y-Balance Test
 - Anterior reach side-to-side difference \leq 10cm

Multi-Directional Running

- Pass Sport Test
- Y-Balance Test
 - Anterior reach difference \leq 4cm
 - \geq 90% total side-to-side symmetry with composite score

Swimming

- Freestyle/Backstroke
 - Closed incisions
 - No extensor lag with SLR
 - \geq 10° hip extension (active)
- Breaststroke
 - Hip control
 - Hip mobility (IR:ER $>$ 30°)
 - No specific precautions associated with surgical knee intervention

Cycling

- Stationary
 - No knee flexion limitations
 - Must maintain full knee extension on a daily basis. Check every visit.
 - No anterior knee pain
- Road
 - No earlier than 3 months
 - SL balance (unstable surface) for 1min
 - Y-Balance Test: \leq 6-8cm anterior reach
 - No anterior knee pain
 - Must maintain full knee extension ROM
 - No pedal chips clips until 5 months
- Mountain
 - No earlier than 5 months
 - Same criteria as “Running”
 - No specific precautions associated with surgical knee intervention



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Throwing (not pitching)

- Lead leg
 - Begin no earlier than 4-5 months
 - SL balance (unstable surface) for 1min
 - Hip IR > 30°
 - SL squat: 20 reps
- Trail leg
 - Begin no earlier than 3-4 months
 - SL Squat: 20 reps

Golf

- Chipping/Putting
 - Full knee ROM
 - No extension lag during SLR
 - Partial squat hold for 30sec with side-to-side weight-shift
 - Partial squat: 20 reps
 - No specific precautions associated with surgical knee intervention

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