

## Testing for Return to Sport - Check List

### FULL PAIN-FREE RANGE OF MOTION

	As evaluated by goniometer
	As evaluated by physical exam (with overpressure at end ranges)
	As evaluated by symmetry of sitting
	As evaluated by symmetry of sternal recumbency

### PHYSICAL EVALUATION

	No pain on palpation of problem area
	No pain or dysfunction with special tests of problem area (i.e. ligament stress tests)
	No marked fascial issues detected (i.e. MTrPs or fascial restrictions)
	No swelling (i.e. in a joint or soft tissues)
	Limb circumference within 1 cm of the contralateral limb

### NEAR NORMAL WEIGHT BEARING - within 3% (injury) - 5% (post-op) of the contralateral limb

	Stance Analyzer
	Bathroom scales
	Visual - (least objective)

### MOTOR CONTROL TESTS

	Diagonal leg stands on stable surface x 40 seconds (each pair)
	Diagonal leg stands on unstable surface x 40 seconds (each pair)
	Plank at a distance beyond his/her normal stance equal to 1/4 the dog's height x 40 seconds
	1-rear-leg slide test - able to hold topline / not cheat on the test bilaterally

### FUNCTIONAL TESTS

	Symmetry and capability to perform 'pelvic tilt' exercise in sternal recumbency
	Coordination with slow cavaletti work (elbow height) forwards, serpentine, backwards
	Coordination backing up over a variety of unstable surfaces
	Coordination with lateral stepping in both directions
	Push ups x 5 - 10 reps with rear legs elevated - no fatigue
	Sit to stand x 5 - 10 reps with front legs elevated (or facing up hill) - no fatigue
	Jumping ONTO a platform x 5 - 10 reps (higher than height of the dog)
	Jumping ONTO a platform x 5 - 10 reps from a soft surface
	Jumping OVER a jump / series of jumps 5 -10 x without signs of fatigue / lameness / issues
	Ability to do 5 - 10 sprint starts without signs of fatigue / lameness / issues
	Ability to retrieve unpredictable ball tosses 5 - 10 times without fatigue / lameness / issues

### VIDEO ANALYSIS (Slow-motions particularly helpful)

	Sport specific jumps (quality of movement & no fatigue)
	Sport specific turns (quality of movement & no fatigue)
	Sport specific runs (quality of movement & no fatigue)
	Sport specific equipment (quality of movement & no fatigue)
	Other sport specific tasks (quality of movement & no fatigue)