

# ACL RETURN TO RUNNING CHECKLIST

@THEPERFORMANCEDOC

<b>RANGE OF MOTION</b>	<input type="checkbox"/> Full extension range of motion to at least 0°
	<input type="checkbox"/> Knee flexion at least 95% of non-surgical side
<b>QUAD STRENGTH</b>	<input type="checkbox"/> <30% quad deficit with isometric testing at 60°
<b>BALANCE</b>	<input type="checkbox"/> Y balance test at least 95% of non-surgical side
<b>FUNCTIONAL STRENGTH</b>	<input type="checkbox"/> 30 lateral step downs from 8" step (back against wall)
	<input type="checkbox"/> 15 forward step downs from 8" step
	<input type="checkbox"/> 25 single leg squats to 20" box
	<input type="checkbox"/> 25 single leg calf raises on a wedge
	<input type="checkbox"/> 25 single leg bridges w/ foot elevated on 18" surface
<b>LOADED STRENGTH</b>	<input type="checkbox"/> 12 goblet squats at 70% of 1RM
	<input type="checkbox"/> 12 forward lunges at 70% of 1RM
	<input type="checkbox"/> 12 romanian deadlifts at 70% of 1RM
<b>AGILITY</b>	<input type="checkbox"/> 15 single leg hops in place



Want to learn more about the 7 phases of ACL Rehab? [WATCH HERE](#)