

# THE KNEE LAB

## RETURN TO SPORT TESTING

PINDARA PHYSIOTHERAPY AND SPORTS MEDICINE



### WHAT DOES IT INVOLVE?

- A series of strength, hop and agility tests to measure performance capacity and limb symmetry
- Neuromuscular tests to assess motor control during landing and change of direction tasks
- Patient reported outcomes measures to assess patient wellness and psychological preparedness
- On-field sports participation before return to play

### WHAT IS THE KNEE LAB?

Pindara Physiotherapy and Sports Medicine, Runaway Bay Sports Super Centre Physiotherapy and Sports Medicine and Bond Physiotherapy and Sports Medicine would like to introduce the Knee Lab's evidence based return to sport testing protocol. Utilizing the latest evidence, our clinical experience and knowledge we aim to return every patient back to their best.

The latest evidence highlights the high failure rates of ACL reconstructed knees. Studies show that approximately 20% of people re-rupture their reconstructed ligament and 25% rupture the contralateral ACL in the first 5 years after ACL reconstruction. Research also shows that 40% of athletes do not return to pre-injury sport level within 2 years. This is due to a number of factors, including difficulty in determining the moment of return to play and the poor use of objective criteria.

After reviewing the latest evidence, we have put together a test battery and return to sport criteria in which athletes must pass before returning to sport. A targeted but comprehensive selection of the most predictive, quantitative, qualitative and psychometric measures is included.

### WHAT NEXT?

Patients can book in for a Knee Lab Return To Sport assessment by calling the clinic. This can be performed at any of our clinics. The session will take between 60-90 minutes and will include a final report on the patients results and opinion regarding returning to full unrestricted sports and specific points for further training.

We aim to ensure that every patient meets their goals and returns to sport with the greatest confidence that the investment they have put into their rehabilitation has paid off.



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