

(Side-to-Side) Functional Testing Worksheet

	Date:				Date:		
	Left	Right	Symmetry %		Left	Right	Symmetry %
3 Rep Leg Press Max							
Single Leg Endurance (70% of Max Single Leg)							
3 Rep Hamstring Curl Max							
> 70%: May resume jogging in therapy only > 80%: May perform plyometrics and hopping drills, and proceed with hop testing seen below							
One Legged Single Hop For Distance	1)	1)		1)	1)		
	2)	2)		2)	2)		
	3)	3)		3)	3)		
Average							
One Legged Timed Hop (6 meters)	1)	1)		1)	1)		
	2)	2)		2)	2)		
	3)	3)		3)	3)		
Average							
One Legged Triple Hop For Distance	1)	1)		1)	1)		
	2)	2)		2)	2)		
	3)	3)		3)	3)		
Average							
One Legged Cross Over Hop For Dist. (Triple Hop)	1)	1)		1)	1)		
	2)	2)		2)	2)		
	3)	3)		3)	3)		
Average							

> 90%: May perform sports-specific drills for return to sports