

## **Department of Orthopaedic Surgery**

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| The patient was he   | ere today to complet | e return to sport te | sting. Results are | as follows: |
|----------------------|----------------------|----------------------|--------------------|-------------|
| Patient Name:        |                      |                      |                    |             |
| Today's Date:        |                      |                      |                    |             |
| Surgery:             |                      |                      |                    |             |
| Single leg hop for o | distance: cm         |                      |                    |             |
|                      | Trial 1              | Trial 2              | Trial 3            | Average     |
| Right Leg:           |                      |                      |                    |             |
| Left Leg:            |                      |                      |                    |             |
| Percentage:          | %                    |                      |                    |             |
| 6 M Single leg hop   | for time: sec        |                      |                    |             |
| o m emgle leg hep    | Trial 1              | Trial 2              | Trial 3            | Average     |
| Right Leg:           |                      |                      |                    |             |
| Left Leg:            |                      |                      |                    |             |
| Percentage:          | %                    |                      |                    |             |
| Single leg cross ov  | vor hon: cm          |                      |                    |             |
| Single leg cross ov  | Trial 1              | Trial 2              | Trial 3            | Average     |
| Right Leg:           | 1110111              |                      | 1110110            | 711010.90   |
| Left Leg:            |                      |                      |                    |             |
| Percentage:          | %                    |                      |                    |             |
| 5                    |                      |                      | L                  | 1           |
|                      | meter Mid-Range:     |                      | Trial 2            | A           |
| Quadriceps:          | Trial 1              | Trial 2              | Trial 3            | Average     |
| Right Leg:           |                      |                      |                    |             |
| Left Leg:            |                      |                      |                    |             |
| Percentage:          | %                    |                      |                    |             |
| Hamstring:           | Trial 1              | Trial 2              | Trial 3            | Average     |
| Right Leg:           | 1110111              |                      | 1110110            | 711010.90   |
| Left Leg:            |                      |                      |                    |             |
| Percentage:          | %                    |                      |                    |             |
| I la mantrin = 1 = 0 | liinana Datini       |                      | 1                  |             |
| Hamstring to Quad    | •                    |                      |                    |             |
| Left:% Right:%       |                      |                      |                    |             |
|                      |                      |                      |                    |             |