

Hip Return to Sport Assessment

This assessment is designed to give the patient objective feedback on their performance of high level activities. This evidence-based hip return to sport assessment guideline is designed for assessing an individual after any hip injury or surgery. Modifications to this may be necessary dependent on physician preference or the patient's goals for returning to activity. This guideline is intended to provide the patient and clinician with objective information to aid in the decision making on the continuum of return to sport. It is not intended to substitute for clinical judgment regarding the performance of the tests and measures. If the clinician should have questions regarding the assessment, they should reach out to the physician or a sports physical therapist.

This assessment is designed to determine current capacity for return to sport. Ideally this cluster of tests helps the healthcare professional make a more informed decision about the athlete's ability to return to high level sport performance.

Testing

Typical timeframe for testing patient post surgically: 4-6+

To be confident in preparation for testing, the patient should be meeting milestones and goals of the guideline for their specific injury.

Goal Metrics to Return to Sport:

>90% Limb Symmetry Index (LSI) for:

- Isometric Strength
- Functional Hop Tests
- SL Lateral Hop Test
- Y Balance Test
- Copenhagen Plank Endurance Test

T Test: < 11 seconds

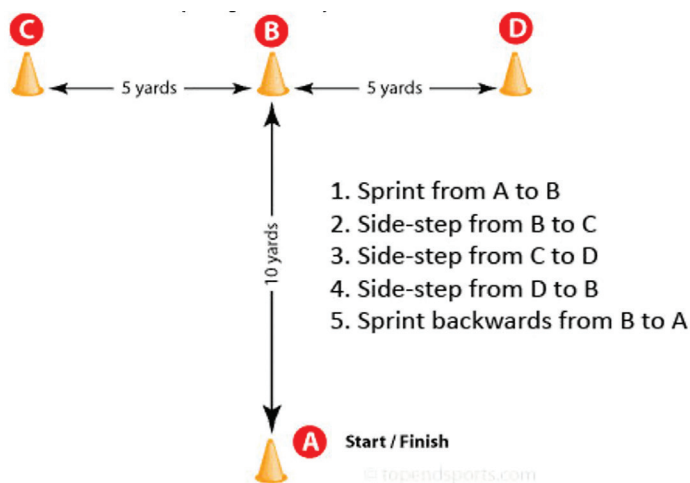
Hip adductor:abductor ratio >0.8

Testing Components:

- Patient-Reported Outcome measures: Consider administering Hip-RSI (short version) and Hip Outcome Score - Sports (HOS-S)
- Isometric Hip Strength: side to side comparison
 - Hip abduction - sidelying with back against wall, handheld dynamometer 10 cm above lateral femoral condyle
 - Hip external rotation - seated with handheld dynamometer proximal to medial malleolus
- Single leg bridge test - foot on 18-24" box, max isometric hold, 90% LSI as compared to non-operative side
- Functional Hop Tests:
 - SL hop for distance
 - SL medial turn (90°)
- T-Test
- SL lateral hop test
- Y Balance Test
- Copenhagen Plank Endurance Test

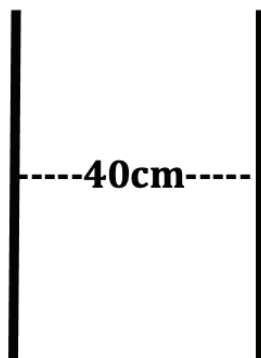
FAI Return to Sport Testing

- T-Test: < 11 seconds (average of 3 trials)



- Single Leg Lateral Hop: <10% difference as compared to non-operative side

- 30 seconds
- 40cm apart



- Y Balance Test: <10% difference as compared to non-operative side (average of 3 trials)

- Posteriolateral Reach (cm)
- Posteromedial Reach (cm)
- Anterior Reach (cm)

- Copenhagen Plank Endurance Test: assess limb symmetry

- Up to 3 minute max hold



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