Hip Return to Sport Testing

• Designed to determine current capacity for possible 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.

• Metrics to achieve for return to sport
  o >90% for LSI on functional hop tests (SL hop for distance, SL medial turn (90°))
  o HUMAC NORM (Isokinetics): hip abduction and extension (strength to body weight ratio)
  o T-test: < 11 seconds
  o SL lateral hop: <10% difference as compared to non-operative side
  o STAR excursion: <10% difference as compared to non-operative side
  o Copenhagen Plank Endurance Test: 3 minute max hold

• If metrics not achieved, then continue with strengthening and preparatory measures for re-testing in 1 month

Testing

• Functional Hop Tests: >90% for limb symmetry index (average of 3 trials)
  o SL hop for distance
  o SL medial turn (90°)

• Isometric Hip Strength: side to side comparison
  o Hip external rotation- seated with handheld dynamometer proximal to medial malleolus
  o Hip abduction- sidelying with back against wall, handheld dynamometer 10 cm above lateral femoral condyle
FAI Return to Sport Testing

- T-Test: < 11 seconds (average of 3 trials)
  - 1. Sprint from A to B
  - 2. Side-step from B to C
  - 3. Side-step from C to D
  - 4. Side-step from D to B
  - 5. Sprint backwards from B to A

- Single Leg Lateral Hop: <10% difference as compared to non-operative side
  - 30 seconds
  - 40cm apart

- STAR Excursion: <10% difference as compared to non-operative side (average of 3 trials)
  - Posteriolateral Reach (cm)
  - Posteriomedial Reach (cm)

- Copenhagen Plank Endurance Test: assess limb symmetry
  - 3 minute max hold
REFERENCES:


