

APPENDIX

VAIL SPORT TEST™

Name: _____

Date: _____

MD: _____

DX: _____ Mo. S/P: _____

Total Points: _____/54 * Patient must score 46/54 on the test in order to pass

Single Leg Squat (goal: 3 minutes)

1. Knee flexion angle between 30 and 60°

Yes (1) No (0)

2. Patient performs repetitions without dynamic knee valgus

*knee valgus = patella falls medial to the great toe

Yes (1) No (0)

3. Patient avoids locking knee during extension

Yes (1) No (0)

4. Patient avoids patella extending past the toe during knee flexion

Yes (1) No (0)

5. Patient maintains upright trunk during knee flexion

Yes (1) No (0)

Minute 1 _____

Minute 2 _____

Minute 3 _____

Single Leg Squat Total Points: _____/15

- If patient repeats error on 3 consecutive repetitions after correction, they are not eligible to receive a point for that particular standard (within each 1 minute timeframe).

Lateral Bounding (goal: 90 seconds)

1. Knee flexion angle is 30° or greater during landing

Yes (1) No (0)

2. Patient performs repetitions without dynamic knee valgus

*knee valgus = patella falls medial to the great toe

Yes (1) No (0)

3. Patient performs repetitions within landing boundaries

Yes (1) No (0)

4. Landing phase does not exceed 1 second in duration

Yes (1) No (0)

5. Patient maintains upright trunk during knee flexion

Yes (1) No (0)

1st 30 sec _____ 2nd 30 sec _____ 3rd 30 sec _____

Lateral Bounding Total Points _____/15

- If patient repeats error on 3 consecutive repetitions after correction, they are not eligible to receive a point for that particular standard (within each 30 second timeframe).

Forward Jogging (goal: 2 minutes)

1. Knee flexion angle between 30 and 60°

Yes (1) No (0)

2. Patient performs repetitions within landing boundaries

Yes (1) No (0)

3. Patient performs repetitions without dynamic knee valgus

* knee valgus = patella falls medial to the great toe

Yes (1) No (0)

4. Patient avoids locking knee during extension

Yes (1) No (0)

5. Landing phase does not exceed 1 second in duration

Yes (1) No (0)

6. Patient maintains upright trunk during knee flexion

Yes (1) No (0)

Minute 1 _____

Minute 2 _____

Forward Jogging Total Points _____/12

- If patient repeats error on 3 consecutive repetitions after correction, they are not eligible to receive a point for that particular standard (within each 1 minute timeframe).

Backward Jogging (goal: 2 minutes)

1. Knee flexion angle between 30 and 60°

Yes (1) No (0)

2. Patient performs repetitions within landing boundaries

Yes (1) No (0)

3. Patient performs repetitions without dynamic knee valgus

* knee valgus = patella falls medial to great toe

Yes (1) No (0)

4. Patient avoids locking knee during extension

Yes (1) No (0)

5. Landing phase does not exceed 1 second in duration

Yes (1) No (0)

6. Patient maintains upright trunk during knee flexion

Yes (1) No (0)

Minute 1 _____

Minute 2 _____

Backward Jogging Total Points _____/12

- If patient repeats error on 3 consecutive repetitions after correction, they are not eligible to receive a point for that particular standard (within each 1 minute timeframe).