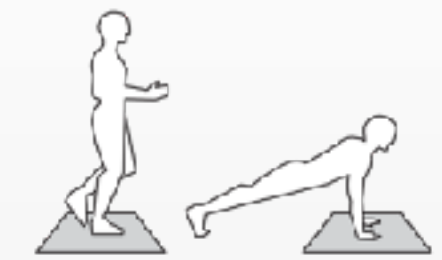


## Pre-Op

The balance scan provides a baseline of unilateral proprioception and neuromuscular control (bilateral depending on the trauma). The plank scan provides a baseline for core stability.

- Clinical Exam
- Special Tests
- ROM Tests
- **Balance**
- **Plank**

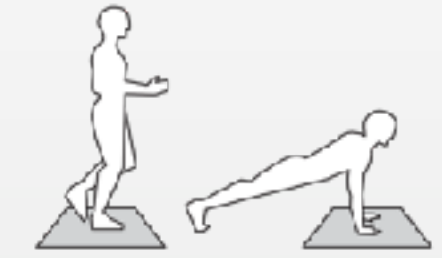


## Stage 1

Perform a balance/plank scan to test for bilateral proprioception, stability, and fatigue. Scores should meet or exceed baseline scores for consecutive assessments.

Balance and plank scans should be performed weekly to monitor the athlete's progress and fatigue.

- **Plank**
- **Balance**
- Pain Scale
- Clinical Exam

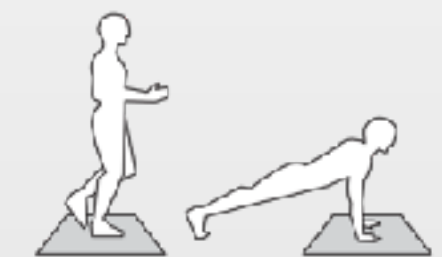


## Stage 2

Perform a balance/plank scan to test for bilateral proprioception, stability, and fatigue. Scores should meet or exceed baseline scores for consecutive assessments.

Balance and plank scans should be performed bimonthly to monitor the athlete's progress and fatigue.

- **Plank**
- **Balance**
- Pain Scale
- Clinical Exam
- Relative Strength



## Stage 3

Once cleared for jumping tasks, jump scan should be performed weekly to identify deficiencies in strength/power and movement strategy.

Balance and plank scans performed monthly to continue to monitor.

- **Jump**
- **Plank**
- **Balance**
- Pain Scale
- Clinical Exam



## Stage 4

Introduction of specific activities will affect overall movement strategy and fatigue. The jump scan should be performed regularly to identify potential changes to monitor progress and guide exercise prescriptions.

- **Jump**
- **Plank**
- **Balance**
- Pain Scale
- Clinical Exam
- Sport Specific



### Return to Athletics Criteria

1. Satisfactory clinical exam with surgeon
2. Healthy Jump, Balance, & Plank scan relative to baseline
3. Healthy Jump, Balance, & Plank scan relative injury risk
4. Completion of sport replication activity

Initiate modest progression of volume and intensity to full participation.

Continued objective assessment throughout return to full participation.