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## Return to Sport Protocol

### Months 3 to 5:

1. Goals:
  - a. Muscle Girths within 2-3 cm
  - b. Full ROM (140)
  - c. Plyo Progression with no pain/problems
  - d. Complete Return to Running / Sprinting Progression
  
2. Activities:
  - a. Introduce / Complete Micro Plyo → Plyometric Progression
  - b. Advanced Gait / Sprinting mechanics
  - c. Advanced Neurocognitive Activities
  - d. Sports Specific Controlled Skill Movements
  
3. Benchmarks:
  - a. Y Balance: expect PL/PM measures to be within 4 cm prior to initiating any plyometrics, jumping, or hopping.
  - b. IPRRS (Psychological Readiness for Return to Sport) Questionnaire
  - c. IKDC Questionnaire on knee function
  - d. Hop Test:
    - i. Within 90% symmetry SL Triple Cross over hop for Distance
  
4. Criteria to Progress to Next Stage
  - a. Single Leg Jump Test:
    - i. Within 90% symmetry SL Static Hop for Distance
  - b. USTART: pass Double leg Jump Competency
  - c. Force Plate:
    - i. symmetry of 90% strength (Rel. Peak Force)
    - ii. minimum of 90% previous best strength



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### Months 4 to 6:

1. Goals:
  - a. Eliminate deficiencies / modifications to move to full training as able
  - b. Training goals to meet full RTS criteria
2. Activities:
  - a. Agility
  - b. Advanced Plyometrics
  - c. Eccentric Hamstrings
  - d. Deficit work as needed
  - e. Progressive Sport Specific Controlled Skill Movements
3. Criteria to Progress to Next Stage:
  - a. Y Balance: <4cm difference in all planes
  - b. Girth Measures within 2cms at each site
  - c. Force Plate Testing\*: equivalent to demonstrating
    - i. symmetry of 90% strength (Rel. Peak Force)
    - ii. minimum of 90% previous best strength
    - iii. minimum of 90% symmetry in power
    - iv. minimum of 90% previous best strength
  - d. Pass Assessment of Drop Jump Test –functional landing mechanics
  - e. Physician and Rehab Team Clearance

1. Goals:
  - a. Build back to a robust “pre-season” training block.
  - b. Continue to improve fundamental sport skills
2. Force Plate Testing\*: equivalent to demonstrating
  - i. symmetry of 92% strength (Rel. Peak Force)
  - ii. minimum of 92% previous best strength
  - iii. minimum of 92% symmetry in power
  - iv. minimum of 92% previous best strength
- b. Maintain all criteria

### Return to Training:

1. Restoration of Full Volume and Intensity of Training.
2. Accumulate a load equivalent to 50% of typical Pre-Season volume

**Clearance determined by Dr. Harrison, Rehab Team, and Coaches  
that the athlete is ready to return to competition.**

**Surgery - Rehab - Return to Train - Return to Sport - Return to Competition Progression**