

PATIENT INFO

Patient Name:	0	Sex:	0	ACLR Limb:	Left
MRN:	0	Age:	0	Date of Surgery:	1/0/1900
DOB:	1/0/00	Ht(in):	0	Date of Test:	1/6/2026
Referral:	0	LEAP Lead:	0		

SUMMARY of TEST FINDINGS

QUADRICEPS STRENGTH



HAMSTRINGS STRENGTH



HIP STRENGTH



SQUAT



BALANCE



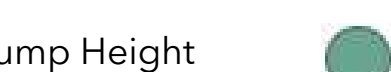
LESS TEST



SINGLE LEG LANDING



VERTICAL JUMP

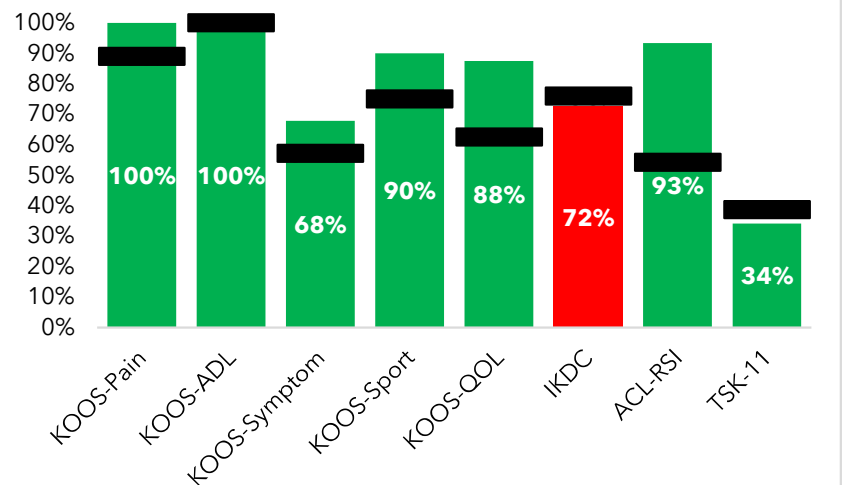


Jump Height

RSI



PATIENT-REPORTED OUTCOMES



Knee Pain

Pre-Test
Post-Test

0
N/A

Summary

Testing completed with observations (see notes)

Additional Notes

The patient's LESS errors include knee flexion less than 30 deg at initial contact, and dynamic knee valgus from initial contact to max knee flexion on R>L.

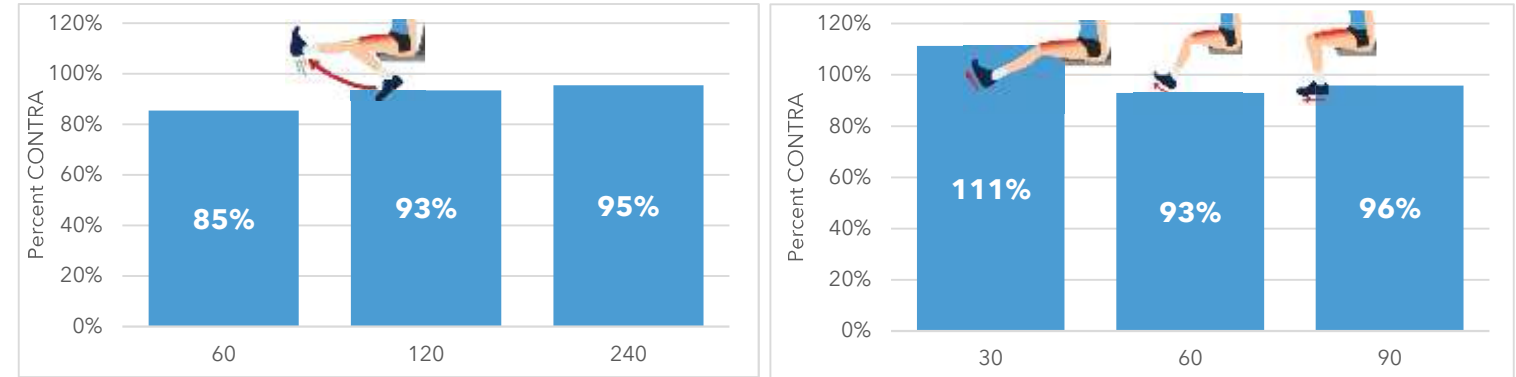
Single leg vertical jump height and RSI comparison limited due to patient not able to achieve minimal detectable height for SkyHook device on L for 5 jumps.

KEY

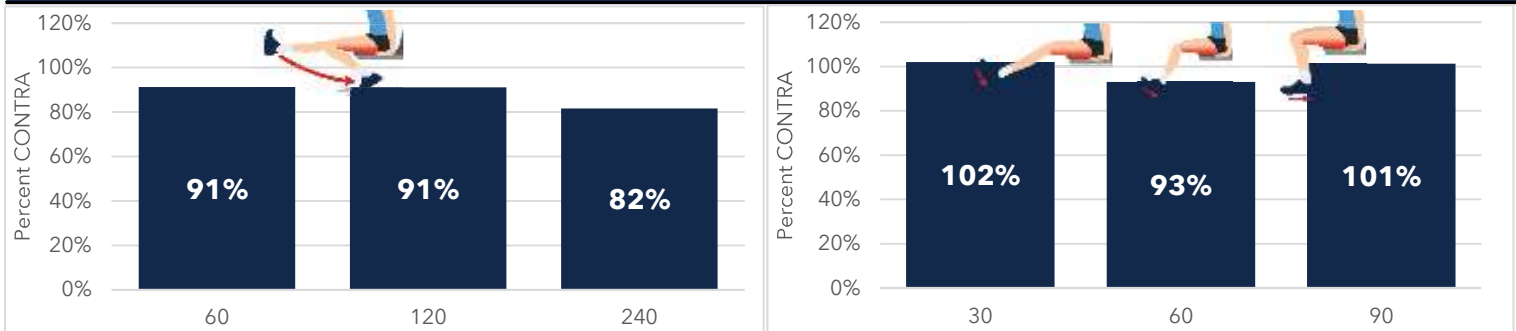
	>90% symmetry		<5% difference
	85-90% symmetry		5-10% difference
	<85% symmetry		>10% difference
	not collected		



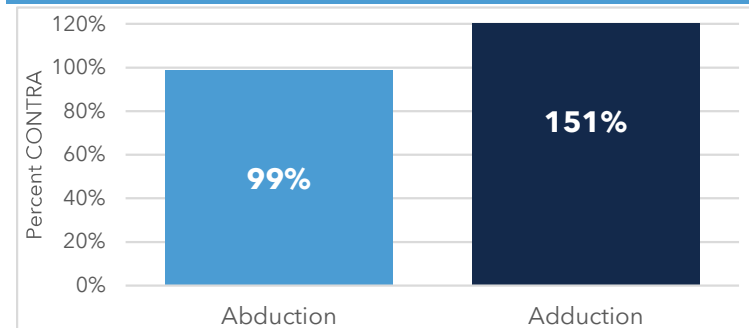
QUADRICEPS STRENGTH



HAMSTRINGS STRENGTH



HIP STRENGTH



Force (N)	Abduction	Adduction	Result
ACL	268.23	179.53	
CONTRA	271.93	118.90	

SQUAT - BILATERAL LOAD

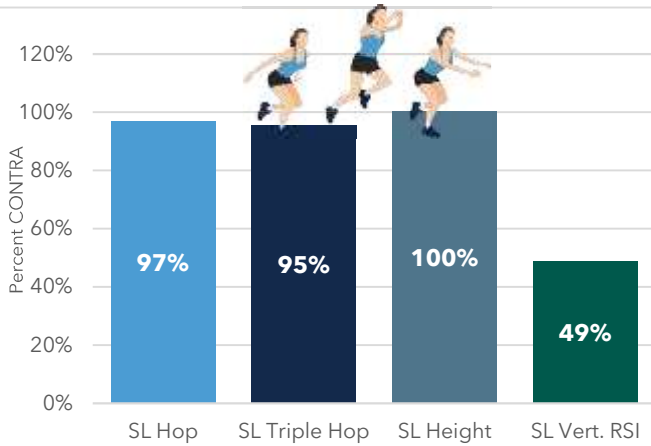
Percent per side (%)		Result
ACL	50%	
CONTRA	50%	

SINGLE LEG BALANCE

COP Area (cm ²)		Result
ACL	3.89	
CONTRA	5.24	



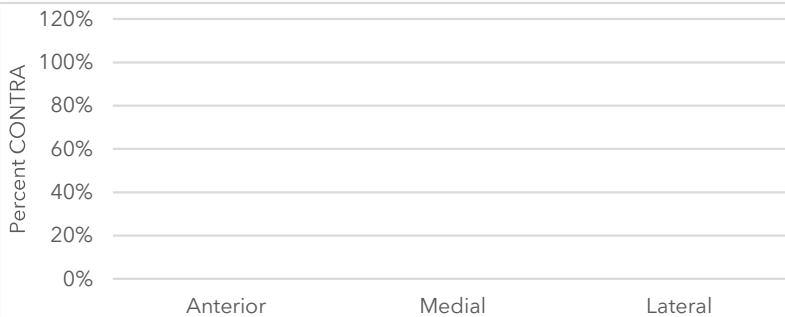
JUMPING



Horizontal	SL Single Hop (m)	SL Triple Hop (m)	Result
ACLR	139.00	404.33	
CONTRA	143.67	424.67	

Vertical	Height (cm)	RSI	Result
ACLR	20.78	14.16	
CONTRA	20.73	28.98	
Double Leg	32.83	70.65	

Y-BALANCE



Distance (m)	Anterior	Medial	Lateral	Result
ACLR	0.00	0.00	0.00	
CONTRA	0.00	0.00	0.00	

LESS TEST

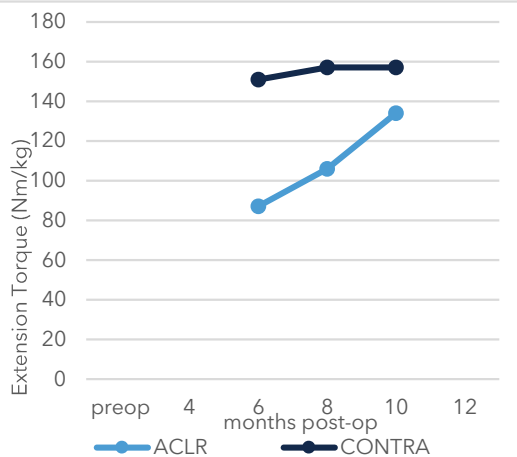


Sagittal Score	1
Frontal Score	3
Total Score	4

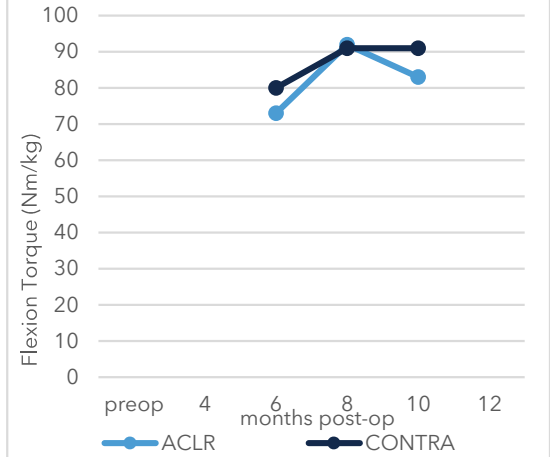
Comments on errors (if applicable):
 Stiff landing-little trunk/hip/knee/flexion
 Dynamic valgus

KNEE STRENGTH CHANGE OVER TIME (60 deg/s)

QUADRICEPS



HAMSTRINGS



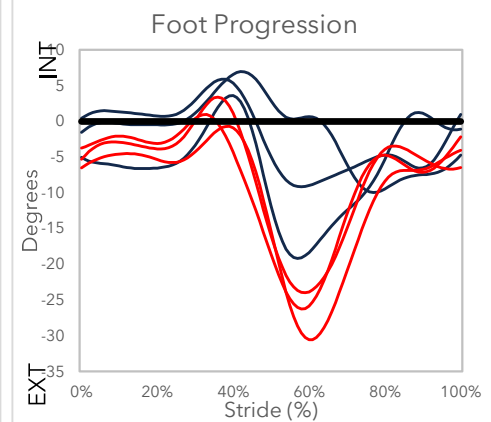
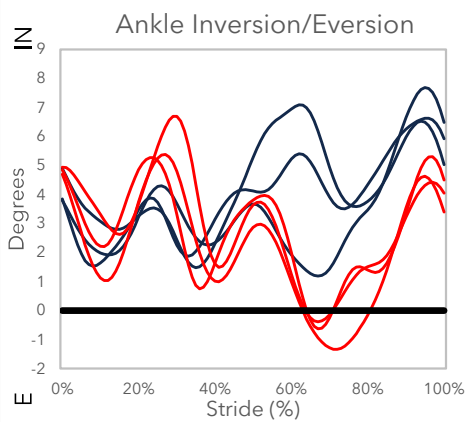
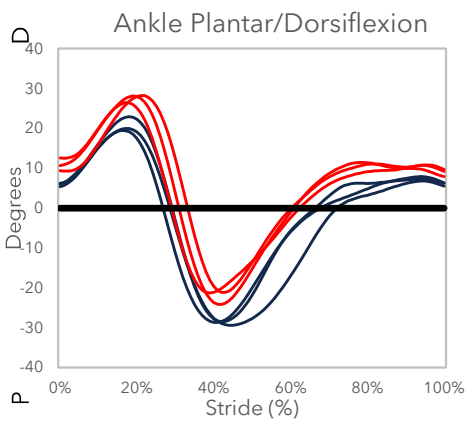
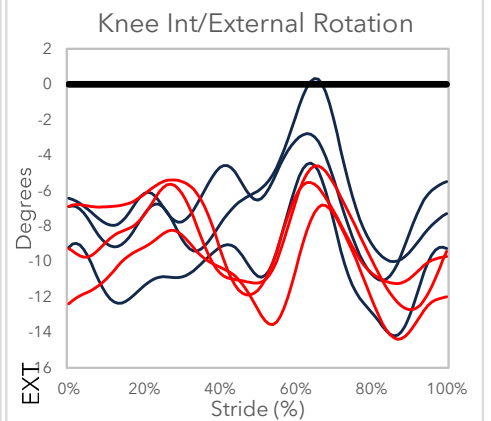
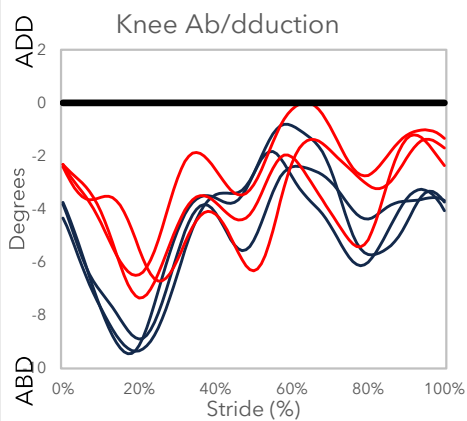
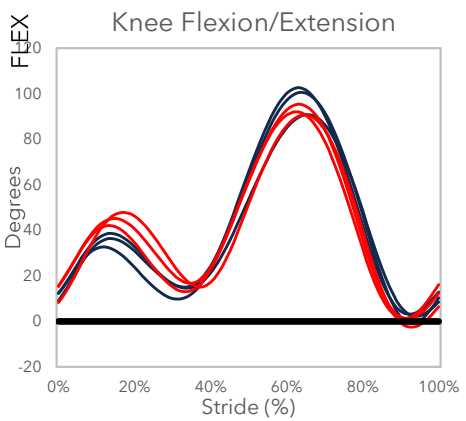
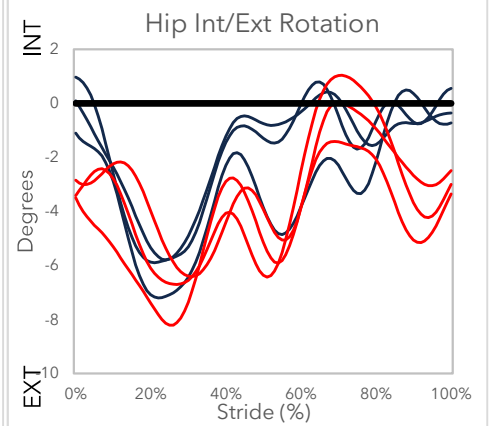
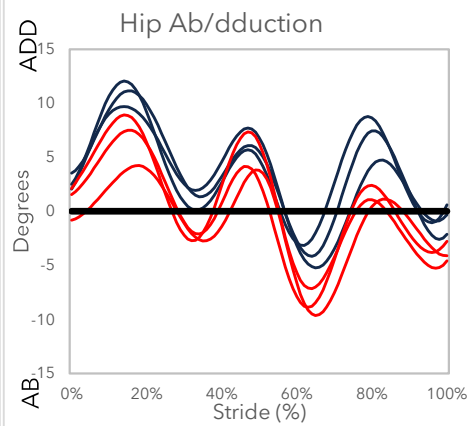
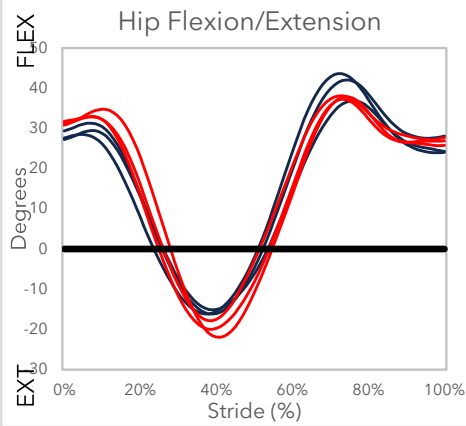
JOG/RUN KINEMATICS

	Left	Right	Difference
Spatiotemporal			
Speed (m/s)	3.307		
Stance Time (s)	0.230	0.248	0.02
Cycle Time (s)	0.741	0.756	0.02
Stride Length (m)	2.477		
HIP			
Hip Flexion (°)	29.7	33.5	3.8
Hip Adduction (°)	6.9	6.9	0.0
Hip External Rotation (°)	-7.1	-7.1	0.0
KNEE			
Knee Flexion (°)	35.9	45.0	9.1
Knee Abduction (°)	-9.2	-6.9	2.4
Knee External Rotation (°)	-9.7	-9.7	0.0
ANKLE & FOOT			
Ankle Dorsiflexion (°)	20.8	27.6	6.8
Ankle Inversion (°)	4.4	5.8	1.4
External Foot Progression (°)	-2.6	-5.2	2.6

*Average peak from 3 trials during stance phase (~0-30% stride)

*Negative values indicate direction of movement





JOG/RUN KINETICS

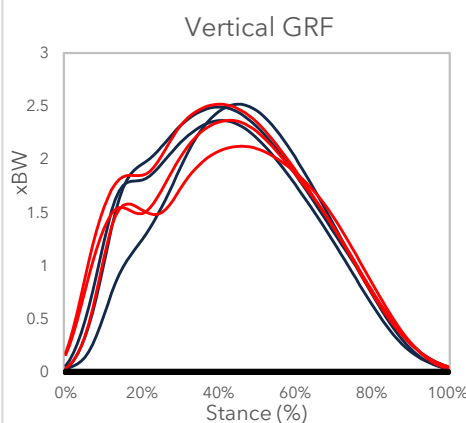
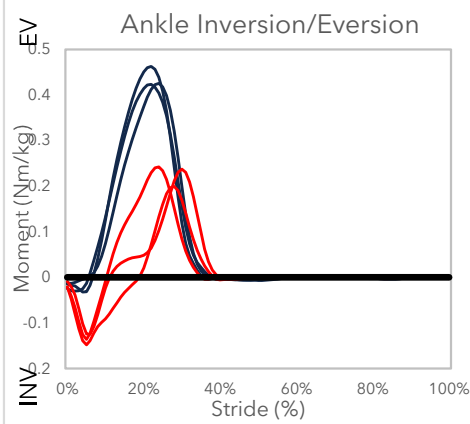
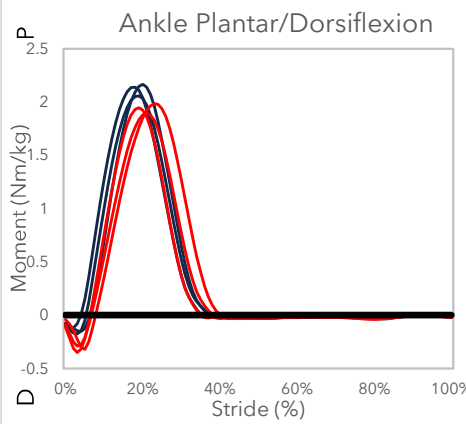
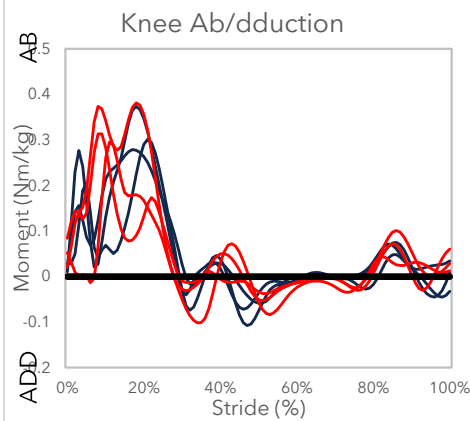
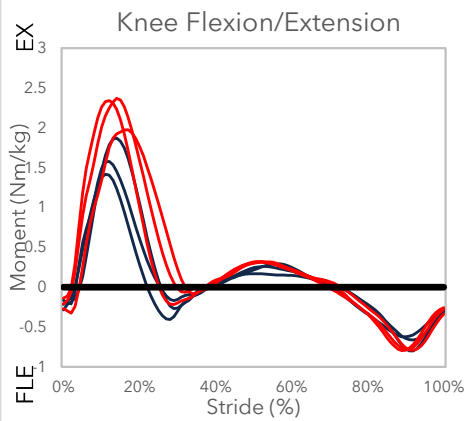
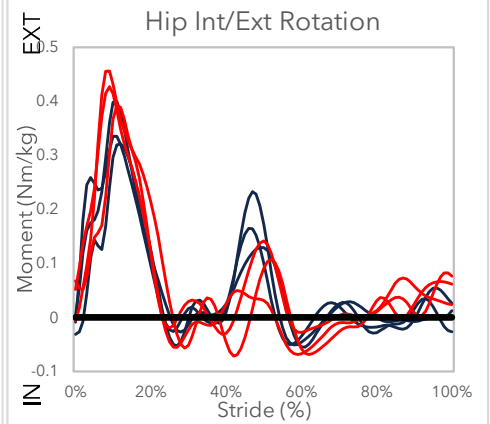
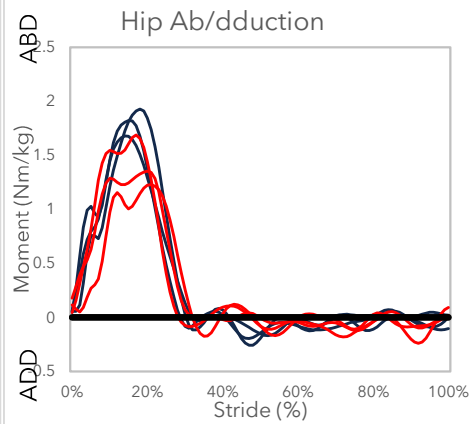
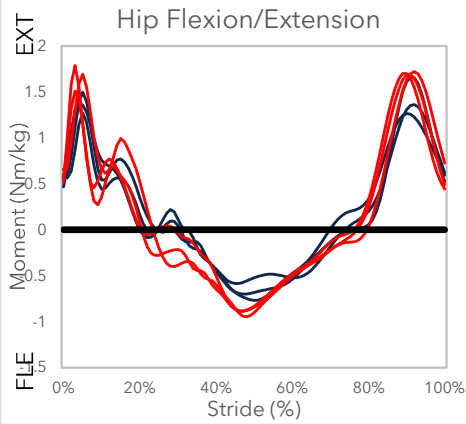
	Left	Right	Difference
HIP			
Hip Extension Moment (Nm/kg)	1.38	1.66	0.28
Hip Abduction Moment (Nm/kg)	1.81	1.42	0.39
Hip External Rotation Moment (Nm/kg)	0.35	0.43	0.07
KNEE			
Knee Extension Moment (Nm/kg)	1.62	2.23	0.61
Knee Abduction Moment (Nm/kg)	0.32	0.33	0.01
ANKLE			
Ankle Plantarflexion Moment (Nm/kg)	2.12	1.94	0.18
Ankle Inversion Moment (Nm/kg)	-0.03	-0.14	0.11
Ankle Eversion Moment (Nm/kg)	0.44	0.23	0.21
Ground Reaction Force (GRF)			
Vertical GRF - Impact (xBW)	1.82	1.73	0.09
Vertical GRF - Midstance (xBW)	2.46	2.34	0.12

*Average peak from 3 trials during stance phase (~0-30% stride)

*Negative values indicate direction of movement

*Internal representation of joint moments





DVJ KINEMATICS

	Left	Right	Difference
HIP			
Hip Flexion - IC (°)	34.0	33.6	0.3
Hip Flexion - Peak (°)	87.8	88.7	0.9
Hip Abduction - Peak (°)	-7.0	-9.7	2.7
Hip Internal Rotation - Peak (°)	2.5	-0.8	3.2
KNEE			
Knee Flexion - IC (°)	28.8	27.0	1.9
Knee Flexion - Peak (°)	91.1	89.6	1.5
Knee Ab/duction - IC (°)	-5.4	-4.3	1.1
Knee Abduction - Peak (°)	-8.0	-10.8	2.8
Knee Internal Rotation - Peak (°)	4.9	8.9	4.1
ANKLE & FOOT			
Ankle Plantar/Dorsiflexion - IC (°)	-11.8	-11.5	0.2
Ankle Dorsiflexion - Peak (°)	19.5	18.4	1.0
OTHER			
Trunk Flexion - IC (°)	-27.0		
Trunk Flexion - Peak (°)	-52.2		

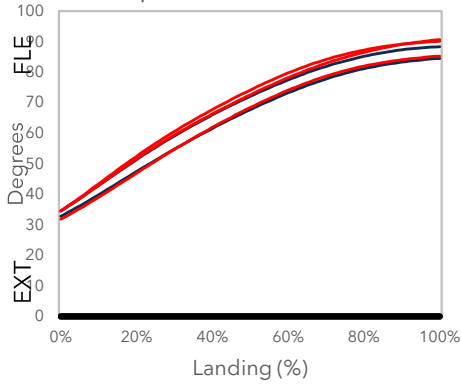
*IC = average value at initial contact from 3 trials

*Peak = average peak from 3 trials during landing phase (IC-lowest COM point)

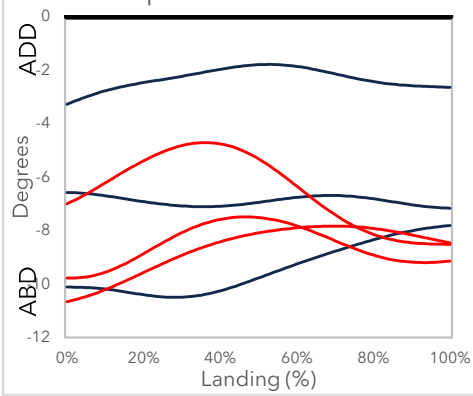
*Negative values indicate direction of movement



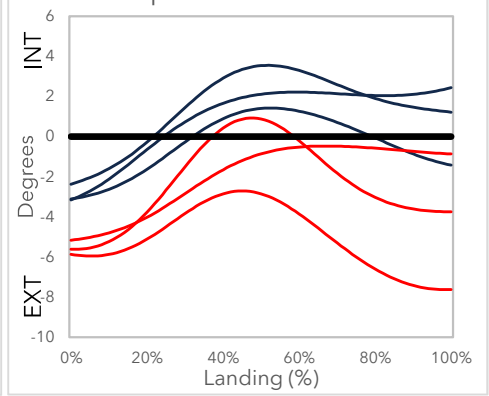
Hip Flexion/Extension



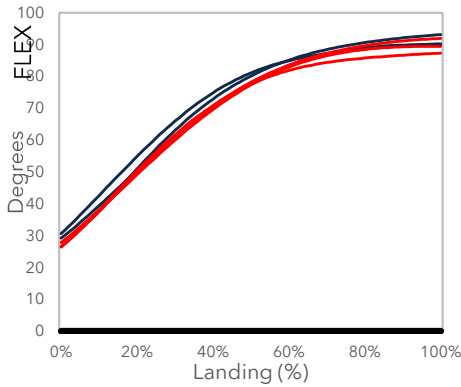
Hip Ab/dduction



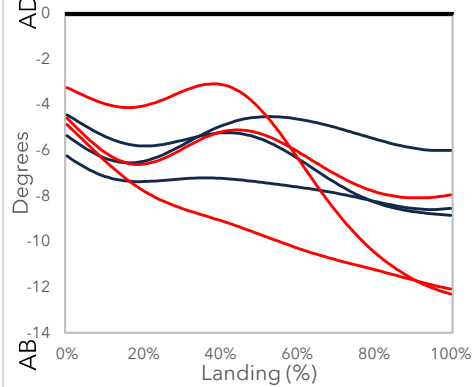
Hip Int/External Rotation



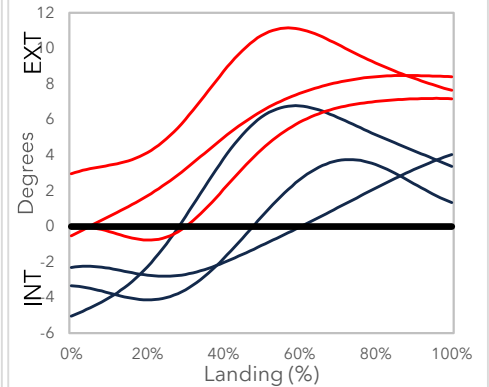
Knee Flexion/Extension



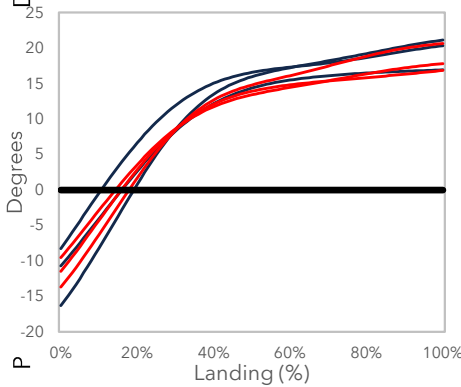
Knee Ab/dduction



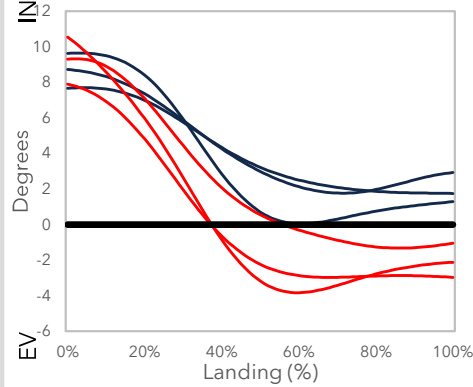
Knee Int/External Rotation



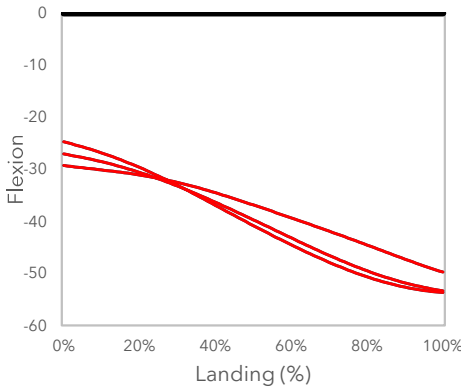
Ankle Plantar/Dorsiflexion



Ankle Inversion/Eversion



Trunk Flexion/Extension



DVJ KINETICS

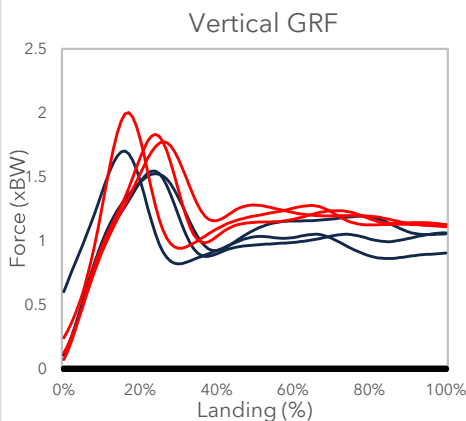
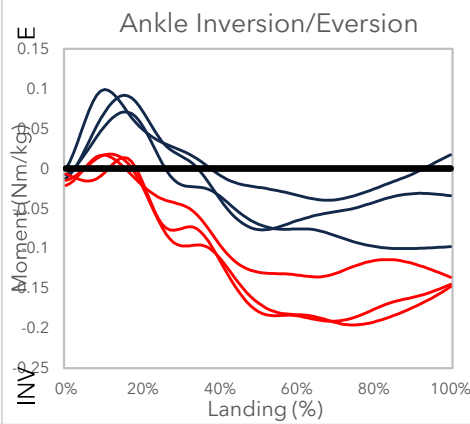
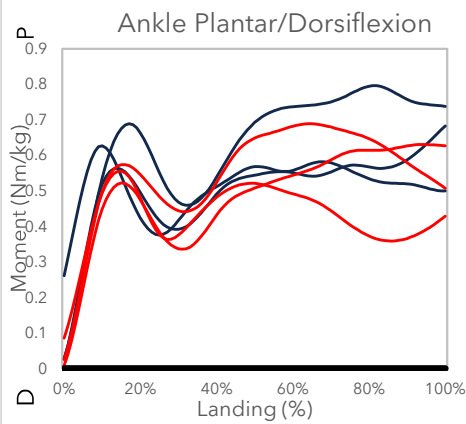
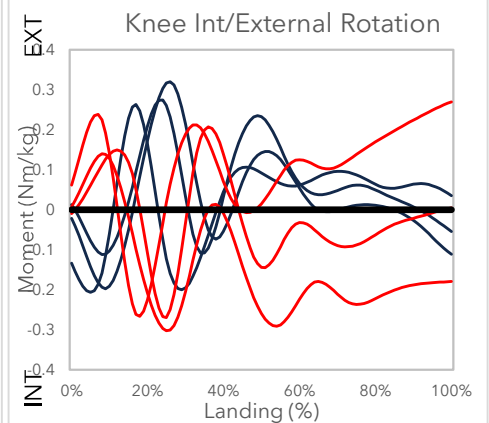
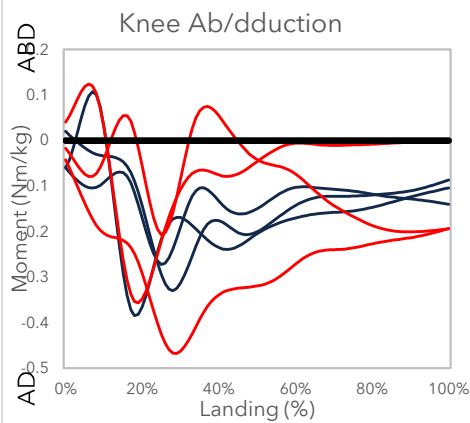
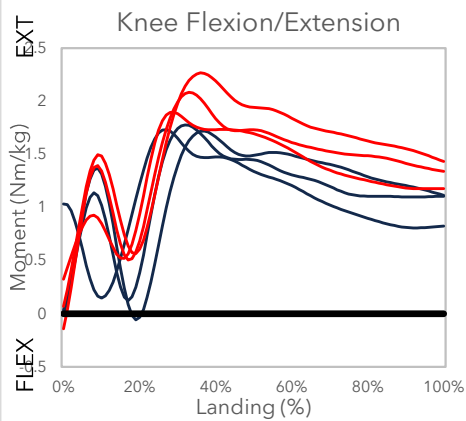
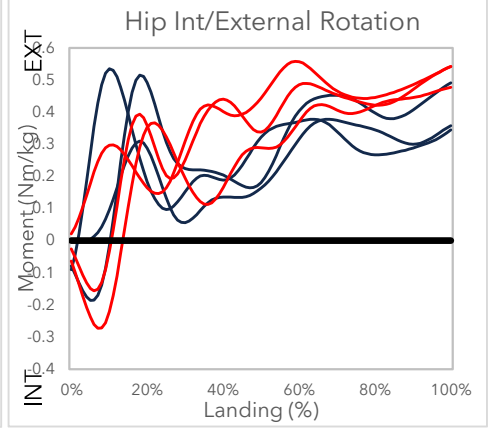
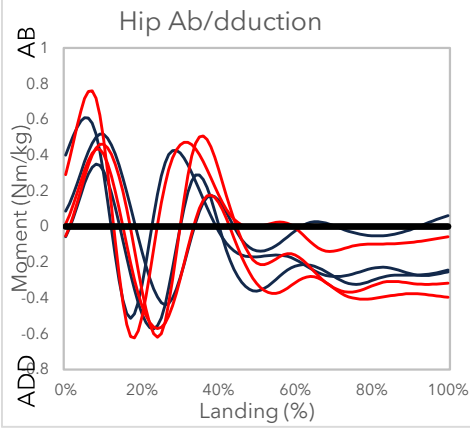
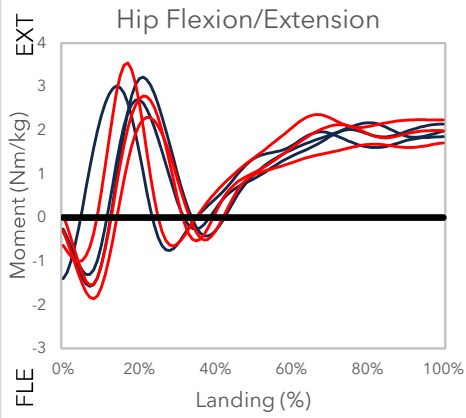
	Left	Right	Difference
HIP			
Hip Extension Moment (Nm/kg)	2.98	2.88	0.10
Hip Adduction Moment (Nm/kg)	-0.51	-0.60	0.10
Hip Abduction Moment (Nm/kg)	0.49	0.57	0.07
Hip External Rotation Moment (Nm/kg)	0.48	0.53	0.05
KNEE			
Knee Extension Moment (Nm/kg)	1.74	2.08	0.34
Knee Adduction Moment (Nm/kg)	-0.33	-0.34	0.01
Knee Abduction Moment (Nm/kg)	0.02	0.05	0.03
ANKLE & FOOT			
Ankle Plantarflexion Moment (Nm/kg)	0.7	0.6	0.08
Vertical GRF (xBW)	1.6	1.9	0.28

*Average peak from 3 trials during landing phase (IC-lowest COM point)

*Negative values indicate direction of movement

*Internal representation of joint moments





HOP LANDING KINEMATICS

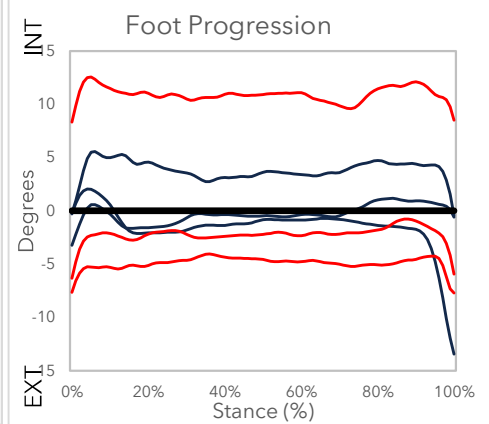
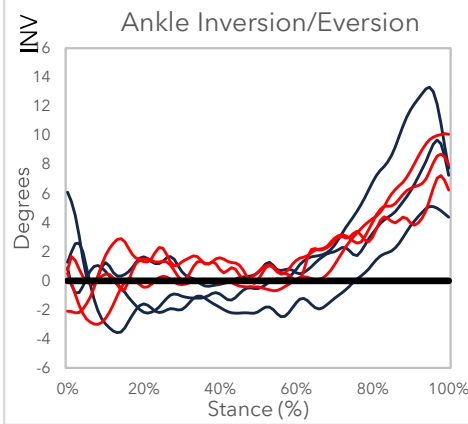
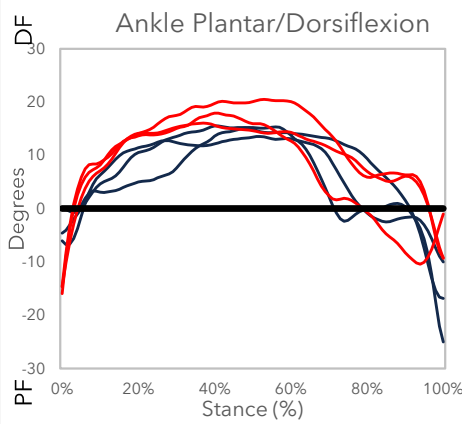
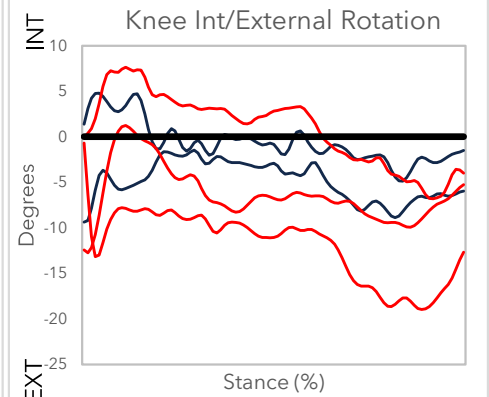
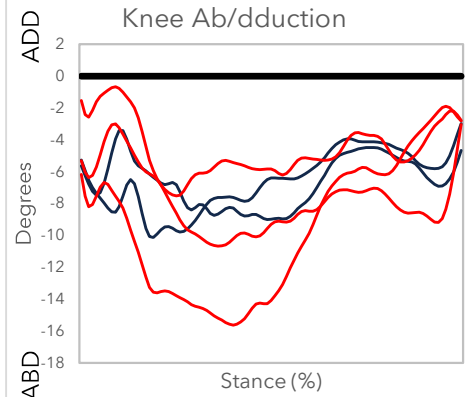
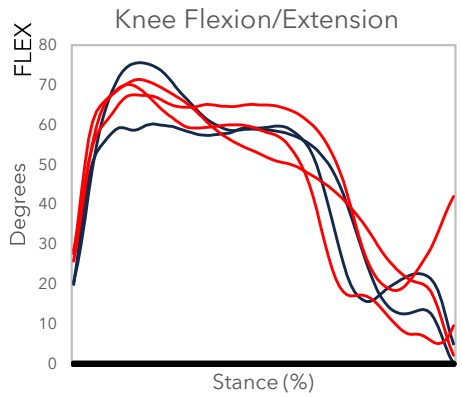
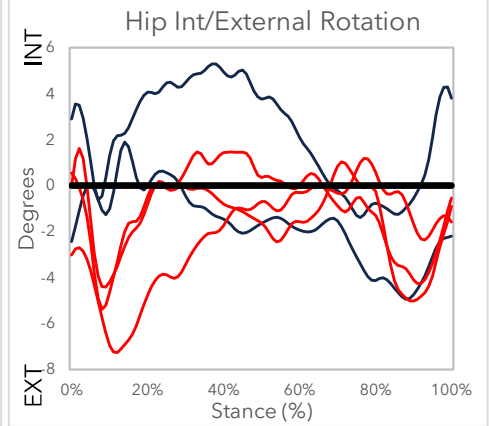
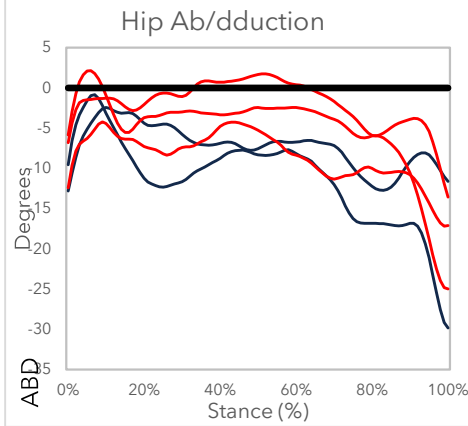
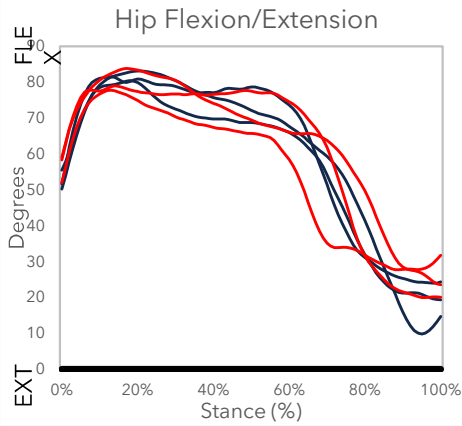
	Left	Right	Difference
HIP			
Hip Flexion - Peak (°)	81.7	80.2	1.5
Hip Abduction - Peak (°)	-26.4	-18.6	7.8
KNEE			
Knee Flexion - Peak (°)	69.1	69.7	0.5
Knee Abduction - Peak (°)	-9.4	-11.3	1.9
Knee Internal Rotation - Peak (°)	1.6	2.7	1.2
ANKLE & FOOT			
Ankle Plantarflexion - IC(°)	-3.6	-15.1	11.5
Ankle Dorsiflexion - Peak (°)	14.8	18.2	3.3
Ankle Inversion - Peak (°)	9.4	8.7	0.7
Ankle Eversion - Peak (°)	-2.1	-2.0	0.1
External Foot Progression - IC (°)	-1.3	-1.9	0.6

*~1.38m single leg hop for distance landing

*Peak = average peak from 3 trials during stance phase (0-100%)

*Negative values indicate direction of movement





HOP LANDING KINETICS

	Left	Right	Difference
HIP			
Hip Extension(+) Moment (Nm/kg)	3.60	4.92	1.32
Hip Abduction(+) Moment (Nm/kg)	0.77	1.29	0.52
Hip Ext. Rotation(+) Moment (Nm/kg)	1.54	1.62	0.09
KNEE			
Knee Extension Moment(+) (Nm/kg)	1.71	2.18	0.47
Knee Abduction Moment(+) (Nm/kg)	0.44	0.60	0.16
Knee Ext(+)Rotation (Nm/kg)	0.02	0.88	0.86
Knee Int(-) Rotation (Nm/kg)	-0.50	-0.08	0.42
ANKLE & FOOT			
Ankle Plantarflexion(+) Moment (Nm/kg)	1.15	1.11	0.04
Ankle Eversion(+) Moment (Nm/kg)	0.22	0.18	0.04
Ankle Inversion (-) Moment (Nm/kg)	-0.08	-0.09	0.02

*~1.38m single leg hop for distance landing

*Peak = average peak from 3 trials during stance phase (0-100%)

*Negative values indicate direction of movement



