The ultimate goal of most rehabilitation programs is that of returning the injured athlete/patient to the highest *functional* level in the most efficient manner. Functional performance tests can assist the clinician in making return to play decisions. These tests are designed to simulate, in a controlled manner, the stresses produced and imposed on the LE during athletic participation and many activities of daily living.

**Workshop Objectives:**

- Background and Relevance
- Mechanics and Physiology
- Specific Performance Tests
- Reliability and Validity Concerns
- Take Home Message
Four Aspects of Functional Rehabilitation:

- ROM
- Strengthening
- Proprioception
- Activity-Specific Training

Functional Testing

“Involves having the athlete/patient perform certain tasks appropriate to the stage in the rehabilitation process in order to isolate and address specific deficits”

1) Purposes:
- Determine risk of injury due to limb asymmetry
- Provide an objective measure of progress
- Measure the ability of the individual to tolerate forces

2) Making Comparisons
- Normative values
- Pre-injury baseline values
- Functional levels of other team members
- Limb symmetry scores (Ipsilateral Limb/Contralateral Limb) (100) = Limb Symmetry Percentage
- 85% or better goal is the recognized standard
- Agonist/Antagonist muscle group ratios (H:Q --- E:I --- ER:IR ratios)
- Error scores (20 sec. time frame --- compared to contralateral limb)
Timed performance comparisons
3) Types of Lower Extremity Functional Tests
   - Will discuss an abundance of different techniques available

4) Web Site Link to view entire presentation ----
   http://www.udel.edu/HNES/AT/Site/lectures.html