

Patient Name:	D. Torrance	Gender:	Male	Surgery Date:	2/4/2019
Patient ID:	052380	Involved:	Left	Test Date:	12/9/2019
Age:	29				
Weight (lbs):	178	GET:	Left 22 ft-lb at 20°		
Height (ft, in):	5'-10"		Right 19 ft-lb at 21°		

ACL Return to Play Report - Isokinetic

60 deg/s

Quadriceps	Unv (R)	Inv (L)	Symmetry Ratio (%)
Avg. Peak TQ (ft-lb)	129.0	87.7	67.9
Total Work (ft-lb)	566.7	395.6	69.8
Peak TQ/BW (%)	91.7	56.5	Goal: ≥ 90
CV (%)	20.6	12.4	Goal: ≤ 10-15

Hamstrings	Unv (R)	Inv (L)	Symmetry Ratio (%)
Avg. Peak TQ (ft-lb)	63.7	52.5	82.4
Total Work (ft-lb)	293.5	258.8	88.1
Peak TQ/BW (%)	39.2	31.7	Goal: ≥ 60
CV (%)	9.3	5.9	Goal: ≤ 10-15
H/Q Ratio (%)	49.3	59.9	Goal: > 60

180 deg/s

Quadriceps	Unv (R)	Inv (L)	Symmetry Ratio
Avg. Peak TQ (ft-lb)	106.8	85.8	80.3
Total Work (ft-lb)	1249.3	849.8	67.9
Peak TQ/BW (%)	69.6	57.5	Goal: ≥ 50-65
CV (%)	12.1	18.0	Goal: ≤ 10-15

Hamstrings	Unv (R)	Inv (L)	Symmetry Ratio
Avg. Peak TQ (ft-lb)	56.6	64.7	87.5
Total Work (ft-lb)	699.8	637.2	91.1
Peak TQ/BW (%)	39.2	31.7	Goal: ≥ 30-45
CV (%)	11.1	5.1	Goal: ≤ 10-15
H/Q Ratio (%)	52.9	75.4	Goal: > 60

300 deg/s

Quadriceps	Unv (R)	Inv (L)	Symmetry Ratio
Avg. Peak TQ (ft-lb)	79.6	69.3	87.1
Total Work (ft-lb)	1249.6	1049.8	83.9
Peak TQ/BW (%)	69.6	57.5	Goal: ≥ 30-45
CV (%)	8.5	6.1	Goal: ≤ 10-15

Hamstrings	Unv (R)	Inv (L)	Symmetry Ratio
Avg. Peak TQ (ft-lb)	55.2	46.3	83.9
Total Work (ft-lb)	900.8	828.8	92.0
Peak TQ/BW (%)	35.0	31.6	Goal: ≥ 20-35
CV (%)	7.1	4.6	Goal: ≤ 10-15
H/Q Ratio (%)	69.3	66.8	Goal: > 60

Comments:

Diagnosis: ACL post-op.
 Comments: Patient has been at rehab for nine months.

Clinician: Jack Dulbois