



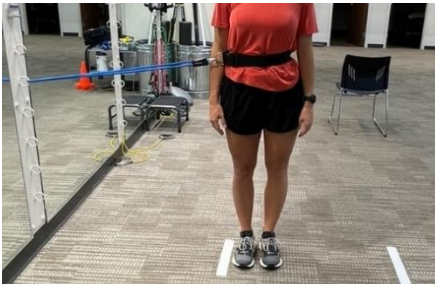

Vail Sport Test™

Scoring



One point is given for each criterion completed with proper technique during the time intervals (yes = 1, no = 0)

If patient repeats error on 3 consecutive repetitions after correction, they are not eligible to receive a point for that particular standard (within each timeframe)



Single Leg Squat				
<p>Set Up:</p>  <p>Video:</p> 	Scoring	Minute 1	Minute 2	Minute 3
	Knee flexion angle between 30° and 60°			
	Patient performs repetitions without dynamic knee valgus			
	Patient avoids locking knee during extension			
	Patient avoids patella extending past the toe during knee flexion			
	Patient maintains upright trunk during knee flexion			
	Total Score			____/15

Lateral Bounding				
<p>Set Up:</p>  <p>Video:</p> 	Scoring	1 st 30 sec	2 nd 30 sec	3 rd 30 sec
	Knee flexion angle is 30° or greater during landing			
	Patient performs repetitions without dynamic knee valgus			
	Patient performs repetitions within landing boundaries			
	Landing phase does not exceed 1 second in duration			
	Patient maintains upright trunk during knee flexion			
	Total Score			____/15

Forward Jogging

<p>Set Up:</p>  <p>Video:</p> 	Scoring	Minute 1	Minute 2
	Knee flexion angle is 30° or greater during landing		
	Patient performs repetitions without dynamic knee valgus		
	Patient performs repetitions within landing boundaries		
	Patient avoids locking knee during extension		
	Landing phase does not exceed 1 second in duration		
	Patient maintains upright trunk during knee flexion		
	Total Score		___/12

Backward Jogging

<p>Set Up:</p>  <p>Video:</p> 	Scoring	Minute 1	Minute 2
	Knee flexion angle is 30° or greater during landing		
	Patient performs repetitions without dynamic knee valgus		
	Patient performs repetitions within landing boundaries		
	Patient avoids locking knee during extension		
	Landing phase does not exceed 1 second in duration		
	Patient maintains upright trunk during knee flexion		
	Total Score		___/12

TOTAL POINTS	
Single Leg Squat	___/15
Lateral Bounding	___/15
Forward Jogging	___/12
Backward Jogging	___/12
Total Score*	___/54

* Patient must score 46/54 on the test in order to pass