

— FOR PHYSICIANS & REFERRING PROVIDERS

RETURN TO SPORT, BACKED BY DATA.

Objective return-to-sport testing with 1080 Motion and Hawkin Dynamics force plates. Athletes advance on criteria, not the calendar, and you get a one-glance report after every test.



**9 DOMAINS, ONE
PROTOCOL**



**EVERY REP, LEFT VS.
RIGHT**



**REPORT AFTER
EVERY TEST**



WHAT WE TEST · 9 DOMAINS, ONE PROTOCOL

01

RANGE OF MOTION

Knee, ankle, hip

02

GIRTH

Atrophy & swelling

03

ISOMETRIC STRENGTH

Hand-held dynamometer

04

STRENGTH & POWER

1080 Motion, every rep, L vs. R

05

JUMP & LANDING

Hawkin Dynamics force plates

06

DYNAMIC BALANCE

Y-Balance Test

07

HOP BATTERY

Single, triple, vertical, lateral

08

MOVEMENT QUALITY

Squat, landing, tuck jump

09

PATIENT-REPORTED

IKDC · ACL-RSI

HOW WE SCORE · LIMB SYMMETRY INDEX (LSI)



GREEN · MET

LSI ≥ 90%



YELLOW · MONITOR

LSI 80–89.9%



RED · NEEDS WORK

LSI < 80%

LSI = involved ÷ uninjured × 100. Pivot and cutting sports: ≥ 95% on hop and power tests. Y-Balance composite ≥ 95%. Pain or swelling after loading is a hard stop.

POWERED BY

1080 Quantum · Lubbock

1080 Sprint 2 · Colleyville

Hawkin Dynamics force plates · Lubbock & Colleyville

Y-Balance

Hand-held dynamometry

WHAT LANDS ON YOUR DESK

SAMPLE AT-A-GLANCE TABLE, 6 MONTHS AFTER ACLR

AREA	RESULT	STATUS
Quad strength (HHD)	85% LSI	⚠️ MONITOR
Knee force (1080)	88% LSI	⚠️ MONITOR
Y-Balance anterior	12 cm deficit	✖️ NEEDS WORK
Single / triple hop	89% / 85%	⚠️ MONITOR
Knee ROM	Full, symmetric	✓ MET
Pain / swelling	None after testing	✓ MET

Overall: CONDITIONAL. Gates still open are listed, with the plan and retest date.

WATCH RED TURN GREEN

SAME ATHLETE, THREE TEST DATES (LSI)

TEST	3 MO	6 MO	9 MO
QUAD STRENGTH	✖️ 75%	⚠️ 85%	✓ 103%
1080 KNEE EXT.	✖️ 68%	⚠️ 88%	✓ 99%
Y-BALANCE COMP.	✖️ 71%	⚠️ 93%	✓ 112%
SINGLE-LEG HOP	✖️ 76%	⚠️ 89%	✓ 97%
TRIPLE HOP	✖️ 72%	⚠️ 85%	✓ 92%
STATUS	✖️ NOT READY	⚠️ CONDITIONAL	✓ CLEARED

Illustrative, de-identified sample data.

✓ **GREEN · MET** criterion reached

⚠️ **YELLOW · MONITOR** close, keep loading

✖️ **RED · NEEDS WORK** gate still open

HOW TO REFER

REFER IN ONE FAX. WE'LL SEND YOU THE DATA.

WHO

- ACLR, meniscus, knee
- Ankle, hip, shoulder
- Baseline testing

WHEN

- About 3, 6, 9 months post-ACLR
- Before any clearance
- Retest about every 12 weeks

SEND

- Referral / Rx
- Op note & surgery date
- Protocol restrictions

LUBBOCK

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VISIT OUR WEBSITE

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Personalized care focused on recovery, strength and performance. Hours at all clinics: Mon-Fri 8am-6pm · Sat 8am-12pm. Irving refers to Lubbock or Colleyville for force plate and 1080 testing.

Insurance requirements may vary. In Texas, qualified PTs can provide treatment without a referral for up to 30 consecutive calendar days; a referral is required to continue beyond that period.

iTOP provides testing data and recommendations. Every clearance decision remains with the treating physician.