

DEPARTMENT OF PHYSICAL THERAPY

Return-to-Sport Testing After Knee Surgery

Take part in a study to assess your degree of recovery and inform return-to-activity decisions after knee surgery. Testing is completed at no cost and takes about one to two hours. After testing, a report with your results will be sent to your referring physical therapist, athletic trainer and/or surgeon.

We're looking for people who:

- Are 12–75 years old
- Have had knee surgery in the past two years or are candidates for knee surgery

You should not be in the study if you:

- Have a cardiac pacemaker
- Are pregnant

Why return-to-sport testing is important:

- Testing may help you and your medical team better determine when it's safe to return to sports
- Not meeting return-to-sport criteria leads to a 4 to 5 times greater injury risk (Kyritsis et al 2016)
- Creighton University has state-of-the-art equipment and highly qualified personnel for return-to-sport testing

To schedule your visit or learn more,
contact Brooke Farmer at 402.280.5265 or
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Typical testing includes:

- Strength
- Balance
- Jumping performance and biomechanics
- Function and confidence

Testing will take place at:

**Creighton University Rehabilitation
Science Research Laboratory
CL and Rachel Werner Center
for Health Sciences Education**
2616 Burt St., Omaha, NE 68131

Testing Restrictions

Referring Physical Therapist/Athletic Trainer

Physician
