

# SIDELINE TEST

By Michael G. Popson, A.T.C.

Director of Outreach Services for Vaughn, Buchanan,  
Shelley & Associates Physical Therapists, P.A.  
Greenville, South Carolina

The lower extremity injury is the most difficult to rehabilitate, especially in athletes. Therefore, the necessity to restore the injured athlete to a normal state is vital. To return to a normal state, there is one important factor to concentrate upon, the athlete's gait (walking and running). We encourage them to escape their limp pattern as soon as possible.

When the athlete can walk pain free and without a limp, they are progressed through a series of functional activities. Therefore, these activities will help you determine the stability of the injury as well as the athlete's ability to return to competition.

These activities are classified as the "Sideline Test." The signs to observe are an obvious limp and pain. A limp is simple to detect, but pain is not, therefore, pain is rated on a scale of 1-10 (1 being the lowest and 10 being the highest). Remember coaches, there is a difference between pain and further damage (1-5 is workable pain and 6-10 is damaging pain).

## A. Straight Ahead Pattern: (Refer to Figure 1)

1. Walk without pain or limp.
2. Jog 50% speed.
3. Jog 75% speed.
4. Sprint 100% speed.

## B. Figure of Eight Pattern: (Refer to Figure 2)

1. Jog 50% speed.
2. Jog 75% speed.
3. Sprint 100% speed.

## C. Circle Pattern: (Refer to Figure 3)

1. Good leg on the inside of circle:
  - a. 10 yds. at 50% speed.
  - b. 8 yds. at 75% speed.
  - c. 5 yds. at 100% speed.
2. Bad leg on the inside of circle:
  - a. 10 yds. at 50% speed.
  - b. 8 yds. at 75% speed.
  - c. 5 yds. at 100% speed.

## D. Zig Zag Pattern: (Refer to Figure 4)

1. Jog 50% speed.
2. Jog 75% speed.
3. Sprint 100% speed.

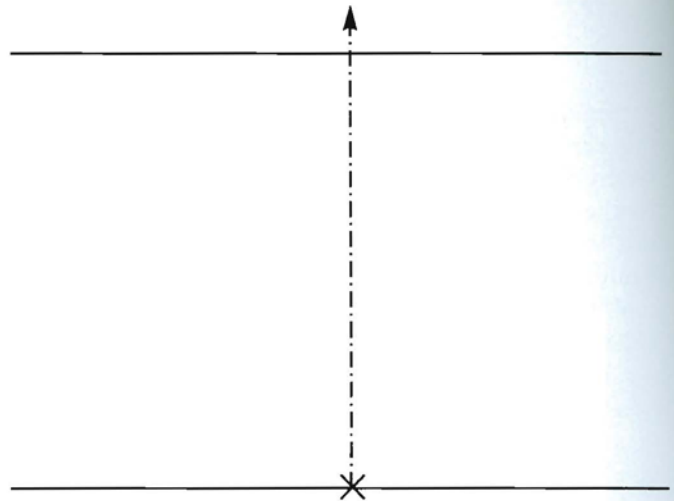


Figure 1:  
10 yds. Straight Ahead Pattern

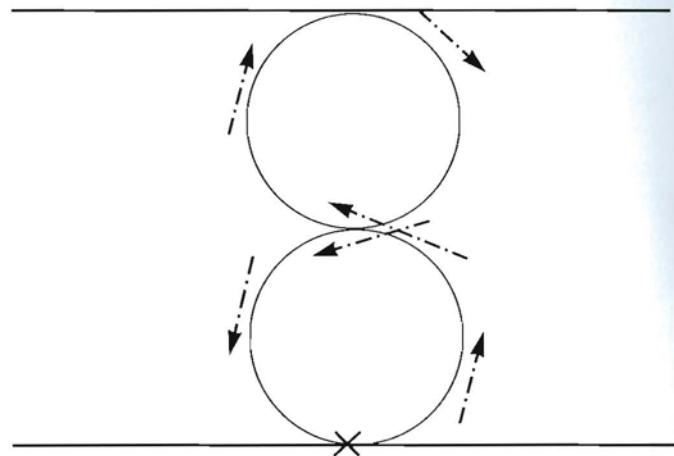


Figure 2:  
10 yds. Figure of Eight Pattern

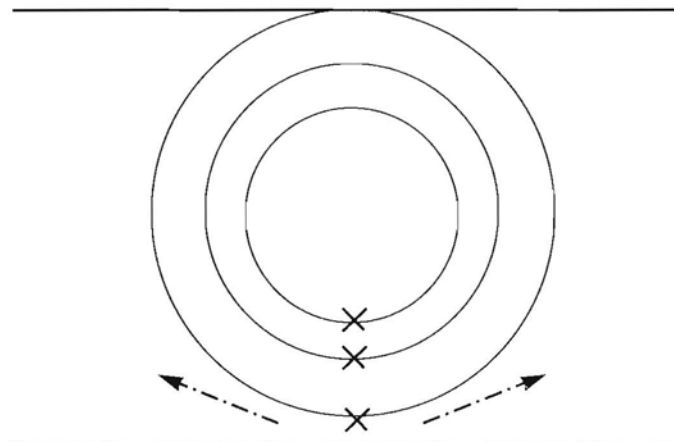


Figure 3:  
Circle Pattern at 10 yds.,  
8 yds., and 5 yds.

# FOR LEG INJURIES

## E. Jumping for Height on Wall: (Refer to Figure 5)

1. 50% height
2. 75% height
3. Maximum height

## F. Non-Contact Drills: (designated by coach)

1. Ball skills.
2. Pivoting and cutting skills.
3. Run through plays, no contact!
4. Use your imagination to test sport skills.

## G. Competition Release: (Full Contact)

1. Passing test with an "A+"
2. Full practice, no restrictions!
3. Might want to add support to injury (tape or brace).

The test is graded on a scale of A,B,C,D, or Fail. The athlete must be able to score an "A+" to pass. Therefore, there is no limp and no pain over a level of 4. If the athlete begins to limp or has pain over a level of 6, the test ends and the athlete fails. However, it might take several days to weeks before the athlete passes the test. The severity of the injury will limit progress.

The coach must be patient with the athlete if they fail the test. Encourage the athlete to work on the activities daily to improve. However, this test is not a substitution for the athlete's strengthening or rehabilitation program. The "Sideline Test" is used in conjunction with these other programs to return the athlete in a healthy condition and safe from re-injury!

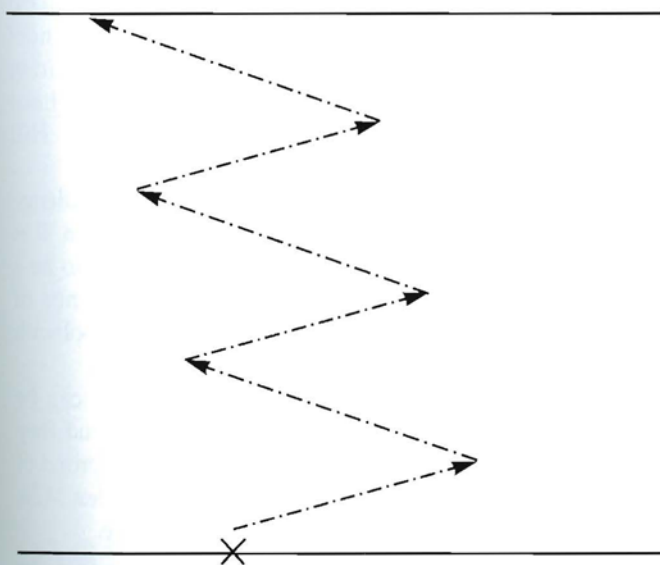


Figure 4:  
10 yds. Zig Zag Pattern

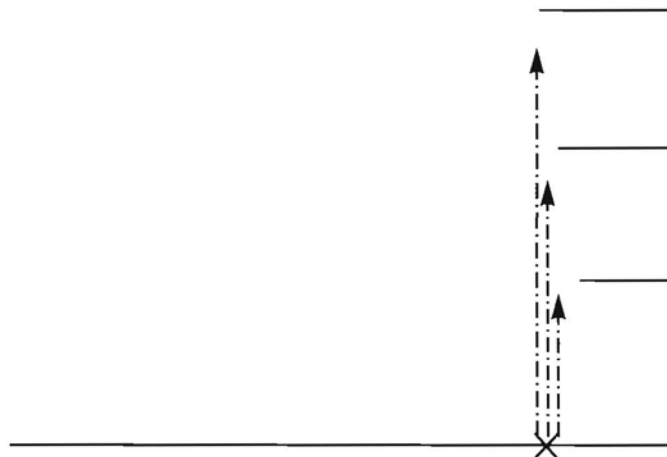


Figure 5:  
Jumping For Height On Wall at 50%, 75% and Max.

## INTRODUCING SUPER WEIGHT LOSS FORMULA

**COST: \$14<sup>95</sup> per Container**

☆ 30 big Servings

☆ Two Flavors: Chocolate

Supreme or Vanilla Supreme

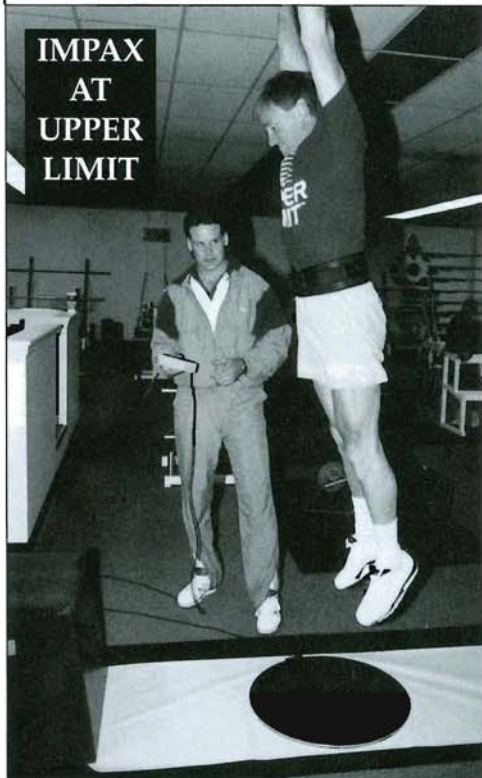
☆ Contains Scoop For Easy  
Measuring

☆ The Most Nutritious and  
Tasty Weight Loss Drink in  
the Nation.

Call 1-800-628-9737 BFS,  
805 West 2400 South, SLC, UT 84119

# IMPAX

420 Force Platform



IMPAX  
AT  
UPPER  
LIMIT

**COST:  
\$499.00**  
MEASURES  
VERTICAL JUMP  
AND  
REACTIVE  
JUMPING

1. Computerized accuracy
2. Measures Five athletes Per Minute
3. Gives Average Amount of Time on Ground and Average Vertical Jump when doing Multiple Jumps

## BFS FLEXIBILITY MANUAL COST: ONLY \$4.95

- ★ A Great Source of Flexibility Information.
- ★ All Flexibility Exercises Are Demonstrated by Coach Rowbotham! Stick Figure Drawings Are Not Used.
- ★ Written for Coaches in an Easy to Understand Style!
- ★ Includes the BFS 1-2-3-4 Flexibility Program
- ★ Stretching for Speed Philosophy

## DETECTO SCALES



### THREE CHOICES

I. Certifier Scale  
\$299.00

II. Regular scale  
\$239.00

III. Regular Scale  
with height rod  
\$249.00

**CALL  
1-800  
628-  
9737  
OR  
WRITE  
BFS**

All scales have  
350.lb. capacity  
with 4oz.  
increments

## TOP JUMP

"Athletes Love Our Top Jump. It Produces Results! It's the Single Best Piece of Equipment at Our Upper Limit Training Facility!!"

### TOP JUMP: HOW IT WORKS

A Retractable Ball is secured from a Breakaway Boom. Just set the ball at any desired height from an easy-to-use Digital Readout Mechanism.

At our UPPER LIMIT Training Center, we tell an athlete to get 10 jumps, for example at 9-0feet. He then records that mark. Next week he'll try 9-1feet.

Just rebound the ball! The athlete must jump up with two hands. That's a great plus. It's motivational and it produces results.

### ORDER TOP JUMP NOW!

COST: \$2200.00

CALL: 1-800-628-9737

WRITE: BIGGER FASTER STRONGER

805 WEST 2400 SOUTH

SLC, UT 84119

Leasing Available -10 1/2%