The Clinical Utility of Physical Performance Tests in Athletes

Speakers:
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Disclosures: Dr Hegedus has presented this information in continuing education courses for which he is paid.

Description:
The purpose of this session is to review and discuss the most recent evidence pertaining to physical performance tests (PPTs) and their clinical usefulness. Clinically, PPTs are used as prognostic variables to predict injury and as outcome measures to determine whether an athlete has progressed through rehabilitation and is ready to return to play. Psychometric properties of upper and lower extremity PPTs will be reviewed with discussion surrounding what information PPTs actually provide. Authors will also present their findings from a recent prospective cohort study amongst Division 1 athletes and what tests they found to be predictive of injury. Clinical implications and recommendations for clinicians will be discussed.

Learning Objectives:
1. Present evidence with regard to the clinical utility of upper and lower extremity physical performance tests as screening examinations or outcome measures for musculoskeletal injury in athletes.
2. Review the psychometric properties of commonly employed physical performance tests as they relate to injury prediction and return to play.
3. Consider current practice patterns and determine whether presented material will influence clinical decision-making and daily practice patterns.

References:


Timed Outline:
30 minutes: Background and review of upper extremity performance tests
35 minutes: Review of lower extremity performance tests
35 minutes: Results of a prospective study on the predictive validity of physical performance tests with regard to lower extremity injury in athletes and recommendations for multi-construct screening
20 minutes: question and answer

Recommended Participant Level: Intermediate