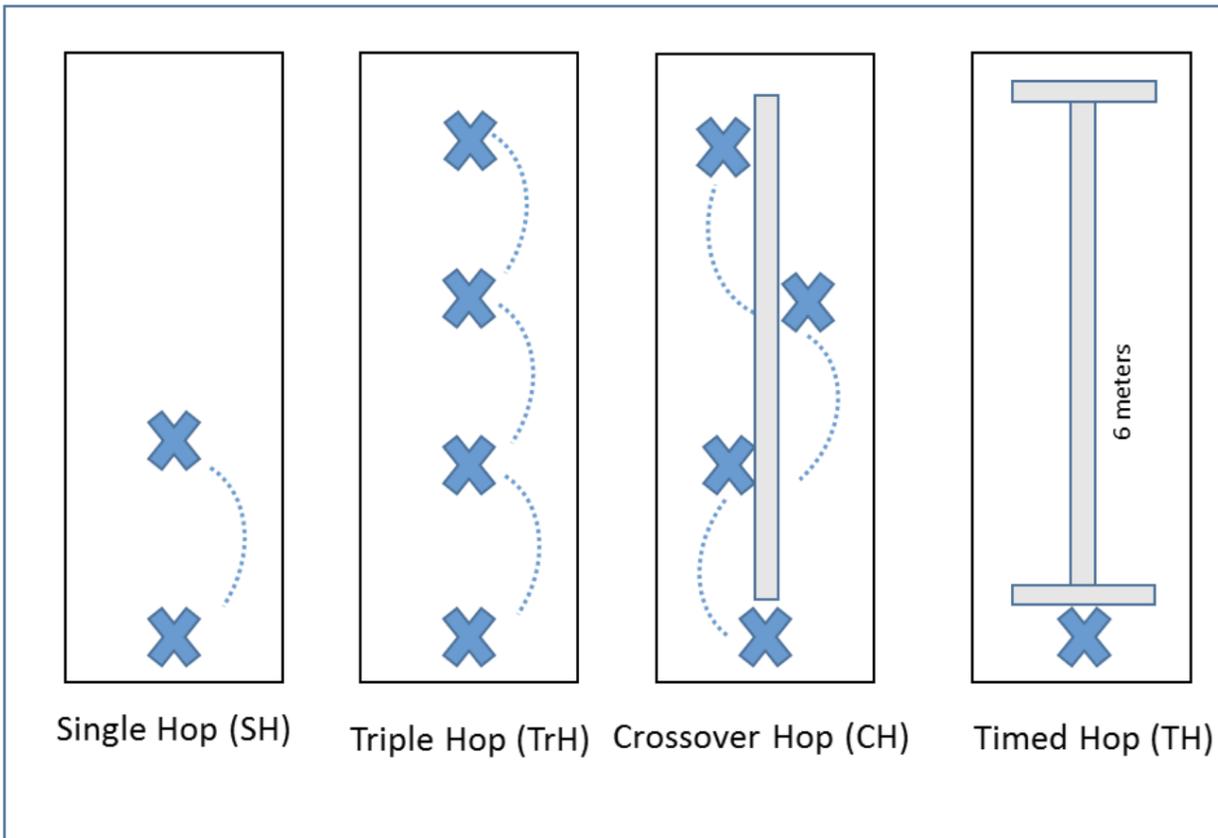


Single Leg Hop Tests

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What is a hop test?

- Hop tests are a battery of 4 different kinds of forward “hops”.
- Physical Therapists measure how far a patient can hop on one leg in each of the first three patterns (Single Hop, Triple Hop, Crossover Hop), and how fast they can hop a distance of 6 meters in the last (Timed Hop).
- Physical Therapists and Orthopaedic Surgeons use these measurements as part of an assessment of an athlete’s functional ability when recovering from a lower extremity injury, usually with someone who has torn their ACL and is almost ready to get back to their sport

How do you perform a hop test?

1. Establish a starting line (a piece of tape on the ground works well) and a straight measurement to hop next to (so a measuring tape or piece of string you can measure later taped to the ground in a straight line).
2. Start with toes behind the line **on one foot** (i.e. with the other foot already in the air).
3. For a single hop: hop as far as you can without losing your balance (you **HAVE** to stick the landing)

- a. What does stick the landing mean? **Hold your landing position on one foot for 2 seconds** without letting the other foot touch the ground, other leg touch the standing leg, either hand/arm touch the ground or any surrounding support structure to regain balance. And you can't fall.
4. **Record the measurement from the back of your heel.** You can have someone help you and use a long stick (yard stick, broom, cane, whatever you've got) to line up the back of your heel with the measuring tape and round to the nearest $\frac{1}{4}$ inch.
5. Do this until you have 3 successful measurements on each foot. You're going to average these later for the math part of the project.
6. The other measurement you'll need to make your graphs is your (or your subjects) height in inches.