## Hop Tests

| Patient Name: Audrey Gallagher | Date of Birth: $06 / 15 / 1990$ |
| :--- | :--- |
| Gender: Female | Height: 167.6 cm |
| Weight: 63.5 kg | Dominant Leg: Right |


| Test Name | Description | Scoring System |
| :--- | :--- | :--- |
| Single Leg Hop Test | Individual hops forward on one leg and lands on it | Distance hopped in centimeters (cm) |
| Triple Hop Test | Individual hops three times on one leg and lands | Distance hopped in centimeters (cm) for <br> each hop |
| Crossover Hop Test | Individual hops forward and to the side in a diagonal pattern | Distance hopped in centimeters (cm) |

## Instructions:

## Single Leg Hop Test:

- Stand on one leg and hop as far as you can, landing on the same leg.
- Record the distance hopped in centimeters (cm).
- Perform the test three times on each leg and take the average of the three distances hopped.


## Triple Hop Test:

- Stand on one leg and hop forward three times, landing on the same leg after each hop.
- Record the distance hopped in centimeters (cm) for each hop.
- Perform the test three times on each leg and take the average of the three distances hopped for each hop.


## Crossover Hop Test:

- Stand on one leg and hop forward and to the side in a diagonal pattern, landing on the same leg.
- Record the distance hopped in centimeters (cm).
- Perform the test three times on each leg and take the average of the three distances hopped.

| Results | Left leg (cm) | Right leg (cm) |
| :--- | :--- | :--- |
| Single Leg Hop Test | 165 | 182 |
| Triple Hop Test | $178,182,180$ | $190,185,192$ |
| Crossover Hop Test | 160 | 175 |

## Comments:

Audrey demonstrated good performance on all three hop tests, with her right leg being consistently stronger than her left. It's important to continue monitoring her progress and adjust her rehabilitation program as necessary to maintain or improve her lower extremity function.

