

Hop Tests

Patient Name:	Date of Birth:
Gender:	Height:
Weight:	Dominant Leg:

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 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		
Triple Hop Test		
Crossover Hop Test		

Comments: