

LE Researched Normative Data

Timed Lateral Step Down

Haitz et al

	Men	Women
Dominant	114 sec	131 sec
Non-dominant	126 sec	122 sec

Timed Leap and Catch

Haitz et al

	Men	Women
Lines missed	2	1

Single Leg Hop for Distance

Author	Subjects	Distance (cm)
Baltaci et al	Males s/p 18 – 24 mo ACLR	Healthy/affected: 151 \pm 25.3/133 \pm 25.0
de Fontenay et al	Male athletes s/p 7 mo ACLR	Injured/non-injured: 126/160
Haitz et al	Healthy college athletes Age: Men = 20.7 \pm 1.8 years Women = 19.9 \pm 1.4 years	M: dominant/non-dominant limb: 184.5/183.9 F: dominant/non-dominant limb: 144.1/141.7
Meyers et al	Healthy high school and college athletes Mean age = 17.37 years Range = 14-24 years	M: high school/college: 181/192 F: high school/college: 129/149
Papalia et al	Female athletes s/p 6.5 mo ACLR	Patellar tendon graft: 201 Semitendinosis-Gracilis graft: 217

Single Leg Timed Hop

Author	Subjects	Time (sec)
Baltaci et al	Males s/p 18-24 mo ACLR	Healthy/affected: 2.08 \pm 0.3/ 2.26 \pm 0.5
Haitz et al	Healthy college athletes Age: Men = 20.7 \pm 1.8 years Women = 19.9 \pm 1.4 years	M: dominant/non-dominant limb: 1.9/1.9 F: dominant/non-dominant limb: 2.3/2.4
Meyers et al	Healthy high school and college athletes Range = 14-24 years	Proposed normative values M: high school/college: 1.9/1.7 F: high school/college: 2.3/2.1
Teyhan et al	Healthy military men and women	M: 2.1 F: 2.7

Single Leg Triple Hop for Distance

Author	Subjects	Distance (cm)
Baltaci et al	Males s/p 18 – 24 mo ACLR	Healthy/affected: 403/430
de Fontenay et al	Male athletes s/p 7 mo ACLR	Injured leg/non-injured: 369/457
Haitz et al	Healthy college athletes Age: Men = 20.7 ± 1.8 years Women = 19.9 ± 1.4 years	M: dominant/non-dominant limb: 546/542 F: dominant/non-dominant limb: 410/397
Meyers et al	Healthy high school and college athletes Mean age = 17.37 years Range = 14-24 years	M: high school/college: 583/632 F: high school/college: 428/470

Crossover Hop for Distance

Author	Subjects	Distance (cm)
Baltaci et al	Males s/p 18 – 24 mo ACLR	Healthy/affected: 358/388
Haitz et al	Healthy college athletes Age: Men = 20.7 ± 1.8 years Women = 19.9 ± 1.4 years	M: dominant/non-dominant limb: 493/493 F: dominant/non-dominant limb: 368/367
Meyers et al	Healthy high school and college athletes Mean age = 17.37 years Range = 14-24 years	M: high school/college: 522/570 F: high school/college: 375/406
Teyhan et al	Healthy military males and females	M: 453 F: 309

Square Hop Test

	Men	Women
Dominant	73	64
Non-dominant	72	62

Lower Extremity Functional Test

Haitz et al

Men	Women
109.4 sec	117.2