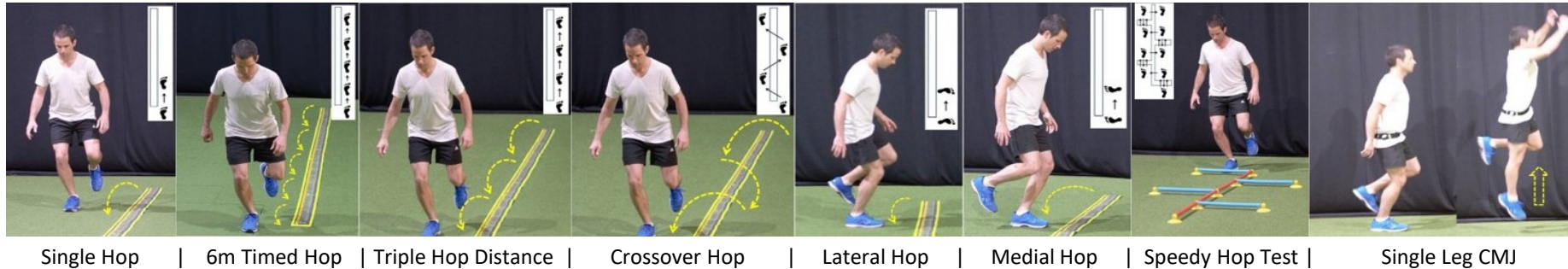


Which hop tests can best identify functional limb asymmetry after ACL reconstruction?

Introduction: Anterior cruciate ligament (ACL) tears are common and patients often undergo surgical ACL reconstruction (ACLR). However, a high rate of re-injury exists, with the reasons multifactorial. Failure to regain adequate functional symmetry, often evaluated via hop tests, is a major reason. Limb symmetry indices (LSIs) <90%, comparing the operated and non-operated sides, reflect poor performance and increase the re-injury risk.

Study Methods: 50 patients were assessed at 9-12 months after ACL reconstruction via a battery of 8 previously reported hop tests.



Results: The single leg countermovement jump, single medial and single lateral hop for distance, and timed 'speedy hop test' were all significantly better at detecting functional limb asymmetry, compared with the 6 m timed hop and single, triple and triple crossover hop tests for distance.

Hop testing is used routinely after ACLR to evaluate functional recovery and physical preparedness for sports, though not all hop tests are created equal!



Take-home message

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