



Edwin M. Tingstad, M.D.
Washington State University and University of Idaho
Athletic Medicine
(509) 332-2828



Functional Hop Test

Name: _____ Date: _____

Involved Side: _____ Weeks S/P: _____

Section 1: Single Leg Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Right Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Section 2: Single Leg Timed Hop for Distance (20 yards) (*Jump with one leg, land on two*)

Left Leg: Trial 1 _____ sec. Trial 2 _____ sec. Average _____ sec.

Right Leg: Trial 1 _____ sec. Trial 2 _____ sec. Average _____ sec.

Section 3: Single Leg Triple Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Right Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Section 4: Crossover Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Right Leg: Trial 1 _____ in. Trial 2 _____ in. Average _____ in.

Notes/Comments: