

The purpose of this prospective cohort study is to determine if the single-leg triple hop test for distance and the single-leg crossover hop test for distance are functional performance tests that can predict lower extremity injuries based on the amount of knee valgus present and to see which test more accurately predicts these injuries. These tests were performed and videoed bilaterally. Videos were analyzed using Dartfish Software (Dartfish, Switzerland). Results and conclusions are currently pending.