

Single Leg Stand/ One leg rise test (OLRT)

Method

One leg rise test

- Stretch hip flexor beforehand
- Subject seated on **edge** of plinth with normal runners on, foot placed in position on floor measured 10cm forward from a plumb line at the edge of plinth, other leg held at side of body, arms across chest.
- Height of plinth adjusted so knee angle is 90°
- Subject instructed to *"keep back of heel on marker, stand as many times as possible on one leg keeping arms across chest, in time with the metronome (45bpm). If you get to 50 we will stop. Control yourself on the descent"*
- 3 practice tests, if NWB leg touches ground do not count that rise, if touches ground 3 times throughout test, record number up to that point.
- 5mins rest between right and left leg with hip flexor stretches.
- Record limiting factor and intensity of anterior knee pain on visual analogue scale
- Standardised encouragement: after each 10 reps = *"come on, keep going, you're doing well, do as many as you can"*

Left leg

	No. of rises	No. of opposite foot touches
1		

Right leg

	No. of rises	No. of opposite foot touches
1		

LEFT

1. How much knee cap pain did you have with that task?

No pain

Extreme pain

LIMITING FACTOR (i.e. fatigue quadriceps)

RIGHT

2. How much knee cap pain did you have with that task?

No pain

Extreme pain

LIMITING FACTOR (i.e. fatigue quadriceps)

Hop for distance (HFD)

Method

- Stand with normal runners on starting line with tape measure along side of hop area
- Instructions: *"hop as far as possible landing on the same foot, without any extra hops upon landing, remain balanced for 2-3secs on landing"*. Give demonstration of good and bad.
- 1-2 practices
- 3 GOOD trials on each leg
- Left leg first
- Distance recorded from start line to back of landing foot
- Hands held together behind back and free contralateral leg swing allowed
- If distance recorded increases after each trial, continue until a reduction is recorded

Hop for distance (circle peak trial)

Left leg

	Good	Fail	Distance – good only
1	☐	☐	
2	☐	☐	
3	☐	☐	
4	☐	☐	
5	☐	☐	
6	☐	☐	
7	☐	☐	
8	☐	☐	

Right leg

	Good	Fail	Distance – good only
1	☐	☐	
2	☐	☐	
3	☐	☐	
4	☐	☐	
5	☐	☐	
6	☐	☐	
7	☐	☐	
8	☐	☐	

LEFT

3. *How confident did you feel with your knee?*

No confidence

Full confidence

4. *How difficult was that task?*

No difficulty

Extreme difficulty

5. *How much pain did you have with that task?*

6. No pain

Extreme pain

LIMITING FACTOR (i.e. confidence, pain, power/strength, balance)

RIGHT

1. *How confident did you feel with your knee?*

No confidence

Full confidence

2. *How difficult was that task?*

No difficulty

Extreme difficulty

3. *How much pain did you have with that task?*

No pain

Extreme pain

LIMITING FACTOR (i.e. confidence, pain, power/strength, balance)

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Left leg

	No. of rises	No. of opposite foot touches
1		

Right leg

	No. of rises	No. of opposite foot touches
1		

LEFT

7. How much knee cap pain did you have with that task?

No pain

Extreme pain

LIMITING FACTOR (i.e. fatigue quadriceps)

RIGHT

8. How much knee cap pain did you have with that task?

No pain

Extreme pain

LIMITING FACTOR (i.e. fatigue quadriceps)

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Hop for distance (circle peak trial)

Left leg				Right leg			
	Good	Fail	Distance – good only		Good	Fail	Distance – good only
1	☐	☐		1	☐	☐	
2	☐	☐		2	☐	☐	
3	☐	☐		3	☐	☐	
4	☐	☐		4	☐	☐	
5	☐	☐		5	☐	☐	
6	☐	☐		6	☐	☐	
7	☐	☐		7	☐	☐	
8	☐	☐		8	☐	☐	

LEFT

9. *How confident did you feel with your knee?*

No confidence

Full confidence

10. *How difficult was that task?*

No difficulty

Extreme difficulty

11. *How much pain did you have with that task?*

12. No pain

Extreme pain

LIMITING FACTOR (i.e. confidence, pain, power/strength, balance)

RIGHT

4. *How confident did you feel with your knee?*

No confidence

Full confidence

5. *How difficult was that task?*

No difficulty

Extreme difficulty

6. *How much pain did you have with that task?*

No pain

Extreme pain

LIMITING FACTOR (i.e. confidence, pain, power/strength, balance)

