

TEST	Method	NORMATIVE VALUE (M/ F)
Star Excursion	% Leg Length (greater troch to floor)	Anterior: 79 / 76 PM 95 / 85 PL 90 / 85
Single Hop	Cm	192/149 Athletes 153/ 111 Healthy Adults
Triple Crossover	Cm	570 / 406 Athletes
Side Hop	30s over 40cm lines	45 - Healthy Adults
One Leg Rise	Max repetitions	22 - Healthy Adults
Hamstring	SL Ham Bridge Max Reps OR Hamstring HHD Isometric 0, 15, 45, 90	>25 Athletes >10 Healthy Adults 308N/296N peak force (0 deg) 242 (90deg)
Calf	SL KF and KE Raise Max Reps	>40 Athletes >20 Healthy Adults
Squat	1RM	1.0 x BW Healthy Adults 1.5 x BW Athletes
Side Bridge	Seconds	101 / 77
Hip Abduction	HHD (0deg HF, supine) Collect: - BW - Moment Arm (Gr troch – 4cm above lateral malleolus) usually around 80-90cm = .80-.90 - Peak Force (N)	1.84 / 1.65 Nm/Kg OR 164 N peak force Nm/Kg (normalised to body W) Peak Torque = .80 (MA) x 200 Peak Force (N) = 160 Torque/BW = Nm/Kg i.e 160 / 70 = 2.2 Nm/Kg
Hip Add	HHD (0deg HF, supine)	180 peak force Ratio Hip Add/Abd: 1.2:1.0
Hip Extension	HHD Prone Hip Neutral KF 90	1.62/1.49 Nm/Kg 259 N peak force
	SL Gluteal Bridge	> 15 SL feeling in gluteals
Hip Flexion	HHD- Seated HF 90	1.50/1.39 Nm/Kg OR 275 peak force
Hip ER	HHD - Prone Hip 0, KF 90	(90 HF) 0.86/0.71 Nm/Kg (0HF) 0.94/0.74 Nm/Kg
Hip IR	HHD Prone Hip 0, KF 90	(90 HF) 0.79/0.69 Nm/Kg (0 HF) 0.68/0.56 Nm/Kg
Agility t-test	Seconds	<11s
SL Vertical Jump	Cm	17cm
Endurance	Patient specific Pre-injury	

