

Lateral Hop Test

Patient name:

Age:

Date:

Preparation

- Make sure the test area is on a flat surface with enough space for the client to hop from side to side.
- The test area should be marked with two green lines parallel to each other and 40 cm apart so that the client can complete a hop.

Test procedure

1. Tell your patient to stand in front of the test area, facing it, with their hands behind their back.
2. Ask the patient to jump as many times as possible within 30 seconds.
3. Record the number of successful jumps without touching the tape.
4. Mark any contact with the tape as an error.
5. If more than 25% of the jumps have errors, forfeit the test and repeat it after 3 minutes.

Attempts

Number of errors for the first attempt:

Number of errors for the second attempt:

Number of errors for succeeding attempt:

Findings and notes

Healthcare professional's information

Name:

License number:

Contact number:

Signature: