

Video: Crossover hop test—Anterior Cruciate Ligament Injury: Diagnosis, Management, and Prevention.mp4

Speaker 1: [00:00:00] The crossover hop test is performed over a strip on the floor. Ask the patient to hop forward three times on the affected leg while alternately crossing over the marking on the midline. The total distance hopped forward can be recorded as well. A copers, someone who might function well without an intact ACL, will often be able to do this comfortably without the feeling of knee instability.