ABSTRACT

TITLE:	Correlation Between Functional Testing and Lower Extremity Injuries in NCAA Division II Men Soccer Players
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ABSTRACT: The purpose of this study was to see if injuries could be predicted by using functional testing prior to competition. The two tests used were the single leg crossover hop for distance and the stair hop. The subjects used in this study were 9 Division II male soccer players. Participants completed each of the functional tests before the start of the season. At the completion of the season participants were put into either the uninjured or injured group, respectively. The differences between the right and left legs in the injured and uninjured groups were tested using the Mann-Whitney test. The results were significant when looking at the difference in the stair hop. No significance was found in the triple hop for distance.