

TEST #2 HURDLE STEP

Purpose - The Hurdle Step is used to assess bilateral mobility and stability of the hips, knees, and ankles.

Description - The individual assumes the starting position by placing his/her feet shoulder width apart. The hurdle is then adjusted to the height of the athlete's tibial tuberosity. The dowel is positioned across the athlete's shoulders below their neck. The individual then aligns their toes directly beneath the hurdle. The athlete is then asked to step over the hurdle and touch the heel while maintaining his/her stance leg in an extended position. Finally, the athlete is instructed to return to the starting position. The Hurdle Step should be performed slowly and as many as 3 times bilaterally. If one repetition is completed bilaterally meeting the below criteria a **III** is given.

Criteria To Score A III

- The hips, knees and ankles remain aligned in the sagittal plane
- Minimal movement in lumbar spine
- Dowel and hurdle remain parallel



Clinical Implications For Hurdle Step

The ability to perform the Hurdle Step test requires both stance leg stability of the ankle, knee, and hip as well as maximal closed-kinetic chain extension of the hip. The Hurdle Step also requires leg open-kinetic chain dorsi-flexion of the ankle and flexion of the knee and hip. The athlete must also display adequate single leg stance balance during this test.

Poor performance of this test can be the result of several factors. It may simply be due to poor stability of the stance leg or poor mobility of the step leg. However, imposing maximal hip flexion of one leg while maintaining apparent hip extension of the opposite leg requires the athlete to demonstrate relative, asymmetric hip mobility