Lower Extremity Horizontal Work But Not Vertical Power Predicts Lower Extremity Injury In Female Collegiate Dancers

43 dancers were followed prospectively for 16 weeks

Dance training included ballet, jazz, and hip hop

Vertical Jump
[Normalized for weight and height]

20 dancers were injured during the study

No difference in Vertical Power between the two groups. No prediction of injury incidence

If the Single-Leg hop score is less than 78.2% of the dancer's height, the risk of injury increases

Injured dancers had lower Single-Leg Hop scores than non-injured

The Single-Leg Hop scores predicted injury incidence status with overall success rate of 70%

Limitations
- Small sample of participants
- Short period follow-up
- Comparison of a 2-leg exercise with a 1-leg exercise