



Counter Movement Jump

[double-leg]

5 reps · captured 16 Sept 2026, 12:13 · Demo Subject 2

NOTES

[FICTIONAL]: 22 y/o female collegiate volleyball player, no current injury, referred for countermovement jump testing as part of routine in-season performance monitoring.

Fully participating in training and competition, no pain or movement concerns reported. Testing is conducted biweekly as part of the team's standard load-monitoring protocol.

Coaching staff report a demanding stretch of competition over the past 3 weeks, including a weekend tournament with four matches in two days.

Athlete reports feeling "a bit heavy-legged" in recent training sessions but denies any specific pain or injury.

Sleep and general wellness self-reports have been slightly below the athlete's typical baseline over the past week.

Goal for this session is to assess jump height, reactive strength, and landing mechanics relative to the athlete's individual baseline, and to help inform training load management heading into the next competitive block.

METRIC OVERVIEW

Jump height (cm; max)

36.0



Modified reactive strength index (m/s; max)

0.44



Contraction time (s)

0.83 s



Peak COM vertical velocity during concentric phase (m/s; max)

2.07



Ratio concentric/eccentric time (%)

67.0 %



Peak dynamic knee valgus during landing (deg)

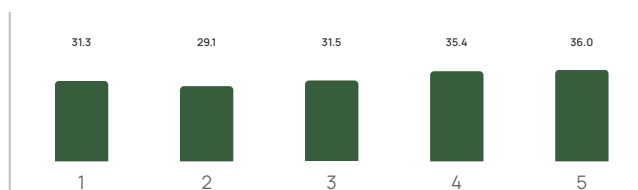
L 5.70°
R 7.00°



PER-REP CHART

Jump height (cm; max)

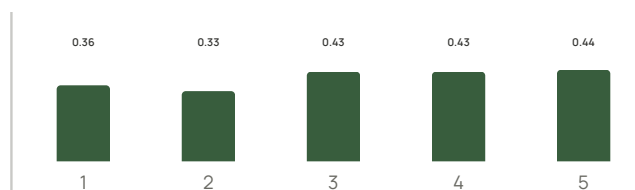
36.0



PER-REP CHART

Modified reactive strength index (m/s; max)

0.44

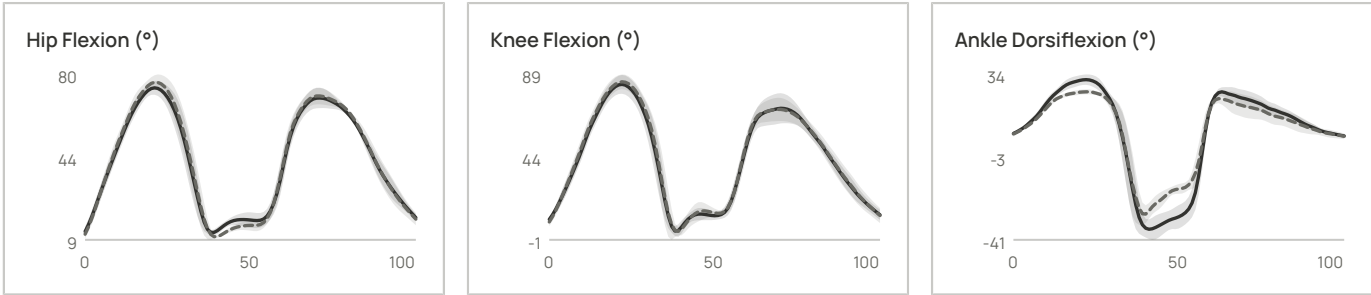


DETAILED RESULTS

METRIC	REP 1			REP 2			REP 3			REP 4			REP 5		
	L	R	ASYM	L	R	ASYM	L	R	ASYM	L	R	ASYM	L	R	ASYM
Jump height (cm; max)	31.3			29.1			31.5			35.4			36.0		
Ratio concentric/eccentric time (%)	57 %			71 %			69 %			68 %			71 %		
Modified reactive strength index (m/s; max)	0.36			0.33			0.43			0.43			0.44		
Peak COM vertical velocity during eccentric contact (m/s)	-0.9 m/s			-0.8 m/s			-0.9 m/s			-0.9 m/s			-1.0 m/s		
Peak COM vertical velocity during concentric phase (m/s; max)	2.0			1.9			1.9			2.1			2.1		
Peak knee extension speed during concentric phase (deg/s; max)	546	566	3.5%	480	522	8.0%	506	581	12.9%	548	635	13.7%	514	598	14.0%
Peak hip extension speed during concentric phase (deg/s; max)	351	337	4.0%	339	328	3.2%	309	323	4.3%	328	350	6.3%	292	315	7.3%
Peak knee flexion during landing (deg)	75 °	78 °	3.6%	81 °	84 °	2.8%	90 °	89 °	1.2%	90 °	91 °	0.6%	72 °	73 °	1.6%
Peak dynamic knee valgus during landing (deg)	8 °	8 °	7.2%	5 °	6 °	17.5%	4 °	8 °	57.8%	7 °	8 °	14.3%	5 °	5 °	2.1%
Peak hip flexion during landing (deg)	76 °	79 °	3.3%	69 °	71 °	2.9%	73 °	76 °	2.8%	79 °	81 °	2.7%	72 °	75 °	4.5%
Peak trunk flexion during landing (deg)	73 °			65 °			69 °			72 °			78 °		
Peak trunk lean during landing (deg)	-5 °			-6 °			-3 °			-5 °			2 °		
Contraction time (s)	0.88 s			0.88 s			0.73 s			0.83 s			0.82 s		
Eccentric time (s)	0.56 s			0.52 s			0.43 s			0.49 s			0.48 s		
Concentric time (s)	0.32 s			0.37 s			0.30 s			0.33 s			0.34 s		

NORMALIZED JOINT KINEMATICS

Left Right 95% CI



MEDIA

