

Normative values for balance and jumping performance

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Short summary: Balance and jumping performance tests are often used to assess the symmetry of the lower limbs after injuries and operations and have been extensively studied in younger populations. However, there are very few normative values for people over 40 years. This study therefore records the balance ability and jumping performance of healthy individuals over 40 years of age using the Y-balance test and the single-leg hop test for distance.