

<http://hk.humankinetics.com/JSR/viewarticle.cfm?>

[jid=6t76nqtM6r74xfw46h76q3cB6y78t44D6d83a2dd6a76vH7&aid=1809&site=6t76nqtM6r74xfw46h76q3cB6y78t44D6d83a2dd6a76vH7](http://hk.humankinetics.com/JSR/viewarticle.cfm?jid=6t76nqtM6r74xfw46h76q3cB6y78t44D6d83a2dd6a76vH7&aid=1809&site=6t76nqtM6r74xfw46h76q3cB6y78t44D6d83a2dd6a76vH7)

JSR, 11(3), August 2002, [Copyright © 2002](#)

A Multicenter Study of the Test-Retest Reliability of the Lower Extremity Functional Test

[Full Article](#)

[Table of Contents](#) for Vol. 11, Iss. 3

Abstract

Context: Many clinicians use functional-performance tests to determine an athlete's readiness to resume activity; however, research demonstrating reliability of these tests is limited. Objective: To introduce the Lower Extremity Functional Test (LEFT) and establish it as a reliable assessment tool. Design: Week 1: Subjects participated in a training session. Week 2: Initial maximal-effort time measurements were recorded. Week 3: Retest time measurements were recorded. Setting: The University of Wisconsin-La Crosse (UW-L) and the University of Central Florida (UCF). Subjects: 27 subjects from UW-L and 30 from UCF. Main Outcome Measures: Time measurements were analyzed using intraclass correlation coefficients (ICCs). Results: ICC values of .95 and .97 were established at UW-L and UCF, respectively. Conclusions: The LEFT is a reliable assessment tool.

[\[Full Text\]](#)