Three electronic databases were searched in March 2018 using “Landing Error Scoring System” (LESS). All peer-reviewed English language articles using the LESS as main outcome were included (n = 38).

RESULTS

LESS scores demonstrate good-to-excellent reliability, but concurrent validity of individual items against 3D motion capture is item dependent.

The association between LESS scores and other screening tools is poor.

The value of the LESS for predicting anterior cruciate ligament (ACL) injury incidence is unclear.

Sex, previous ACL injury, and training program influence LESS scores (Figure).

CONCLUSION

Literature supports that the LESS is a reliable and generally valid screening tool for assessing movement patterns linked with injury risk with low financial, spatial, and temporal costs. Further work is needed to improve its concurrent and predictive validity for non-contact lower-extremity injuries.