The Landing Error Scoring System (LESS) was developed by Padua\textsuperscript{25} to identify individuals at high risk for ACL injury. The test involves a jump-landing task incorporating vertical and horizontal movements as the patient jumps from a 30-cm high box to a distance of 50% of his or her height away from the box, and immediately rebounds for a maximal vertical jump on landing (Figure 3-12). The LESS score is simply a count of landing technique “errors” on a range of readily observable items of human movement. The landing technique is analyzed from both a side view and a frontal view by the athletic trainer. There are 17 scored items in the LESS (Table 3-10). A higher LESS score indicates poor technique in landing from a jump, a lower LESS score indicates better jump-landing technique.