

**The effect of sand on knee load during a single leg jump task: implications for injury prevention and rehabilitation programmes.**

Running Head: Knee loads in a single leg jump on sand

The research was conducted in a laboratory setting at Teesside University.

**Mark C. Richardson<sup>1</sup>\*, Sinead Murphy<sup>1</sup>, Tom Macpherson<sup>1</sup>, Bryan English<sup>2</sup>, Iain Spears<sup>1</sup>, Paul Chesterton<sup>1</sup>**

Corresponding author: \* Mark C Richardson<sup>1</sup>

<sup>1</sup> Sport and Exercise Science Section,  
Teesside University, Middlesbrough, United Kingdom  
Tel.: +44 (0) 1642 342355

m.c.richardson@tees.ac.uk

sineadmurf@gmail.com

t.macpherson@tees.ac.uk

i.spears@tees.ac.uk

p.chesterton@tees.ac.uk

<sup>2</sup> Middlesbrough Football Club,  
Riverside Stadium, Middlesbrough, United Kingdom,  
Tel.: +44 (0) 844 499 6789

bryan.english@mfc.co.uk

Funding: None Received.