

# Eccentric Peak Velocity (EPV)

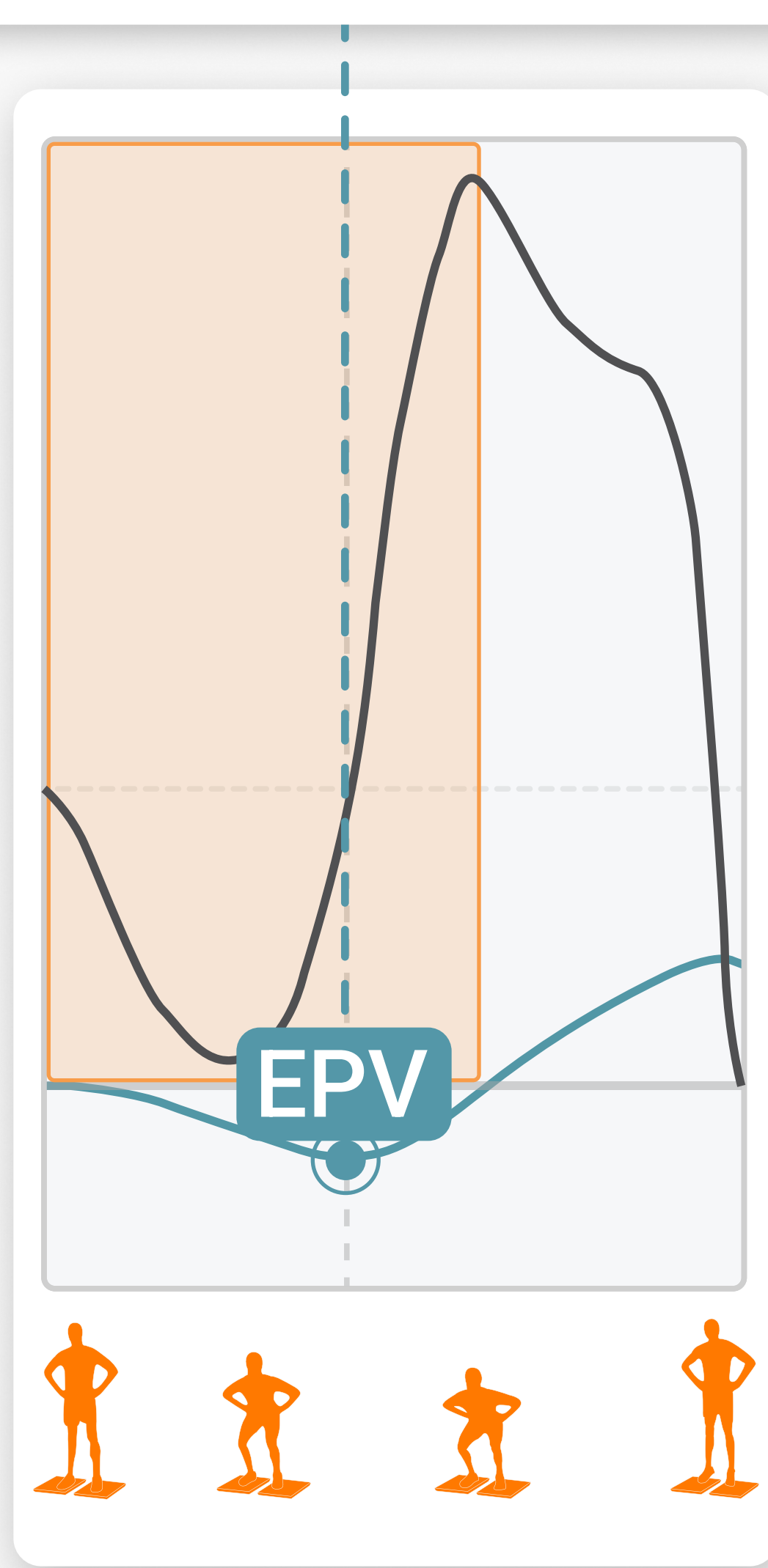
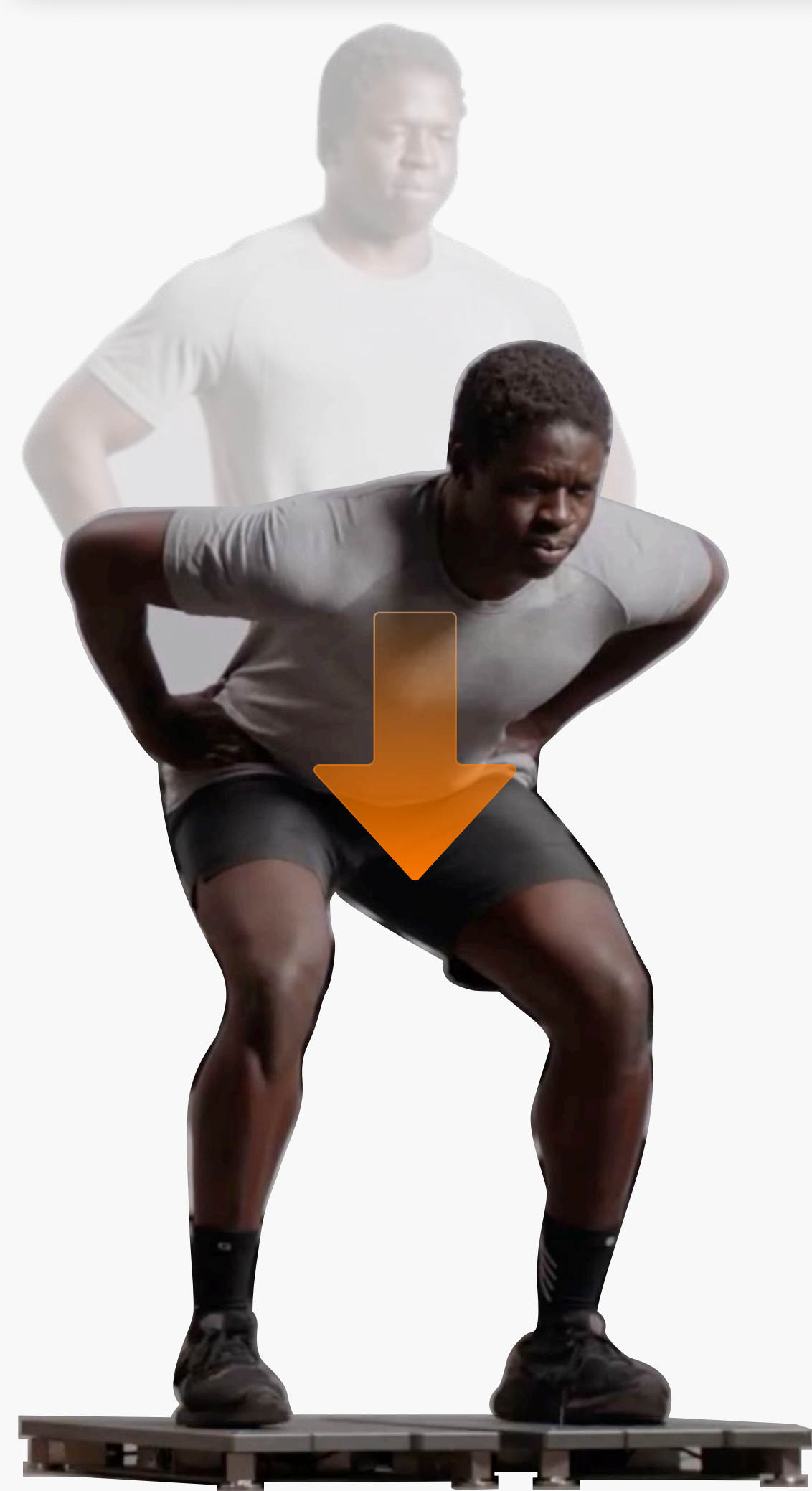
Providing context to eccentric performance

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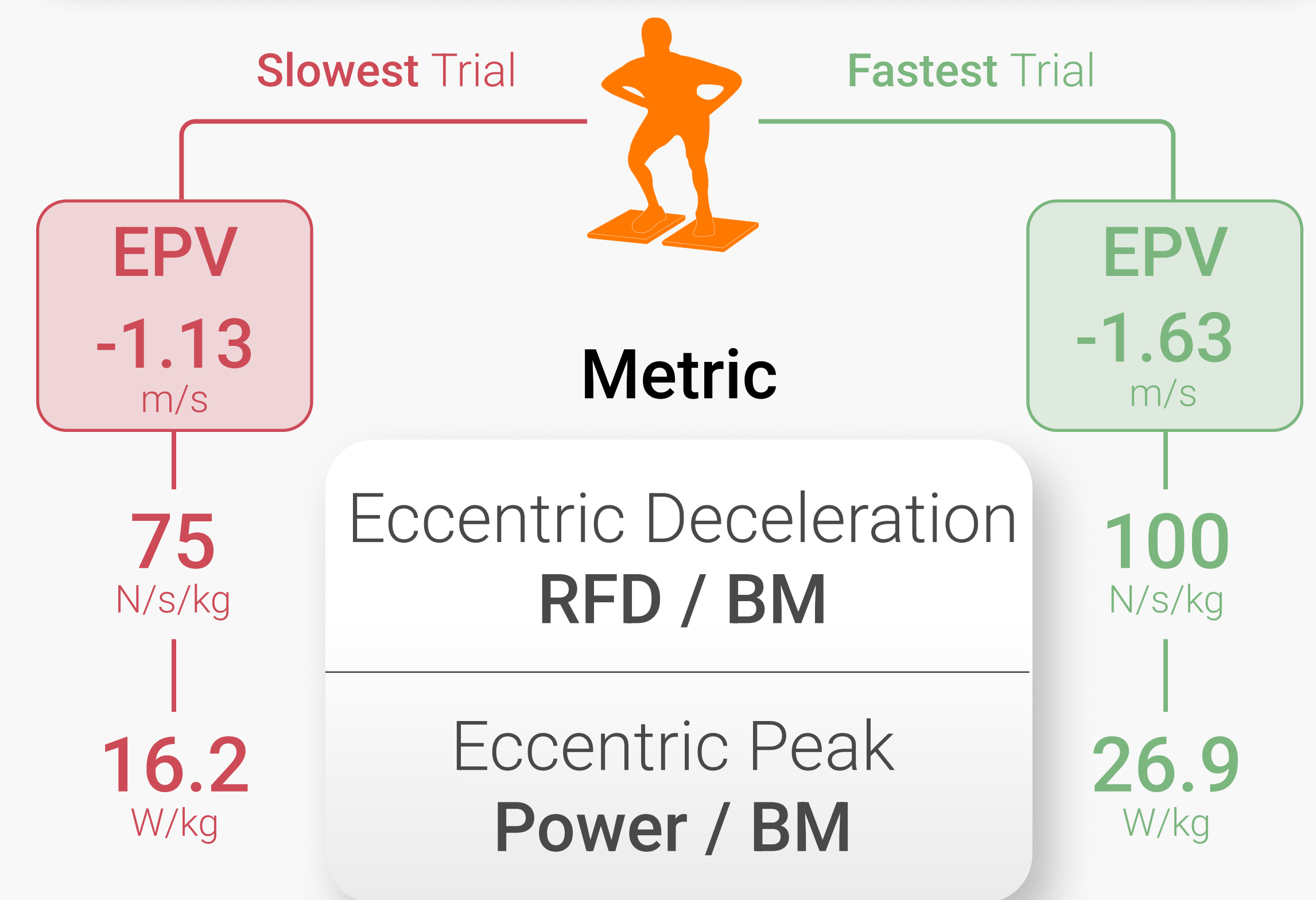


EPV is the **maximum downward velocity** during the countermovement phase of a jump.



— Force  
— Velocity  
□ Eccentric Phase

EPV acts as a **gatekeeper**.

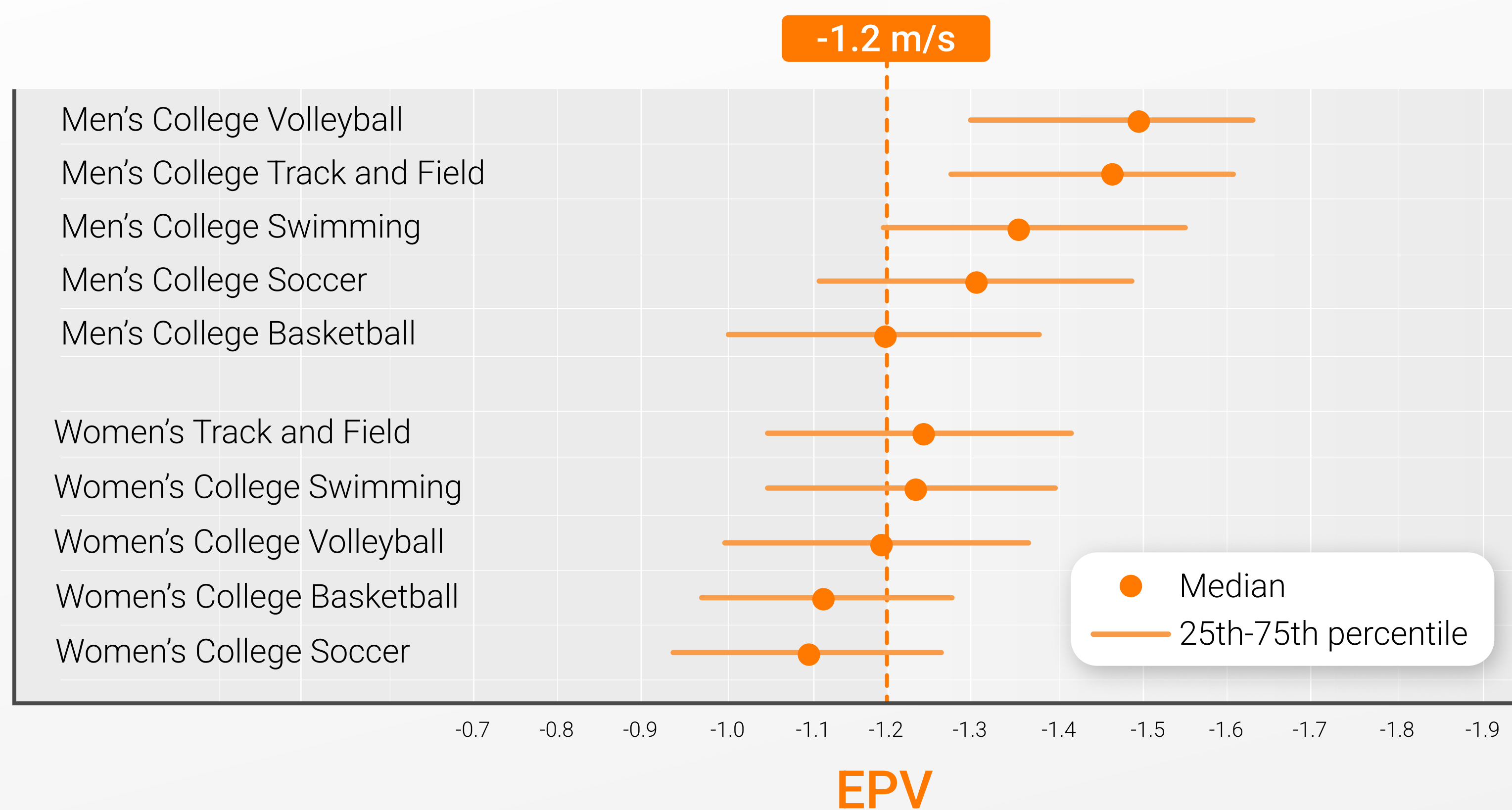


Only trials with adequate EPV are reflective of **true eccentric capacity**

What should be a **target?**

A commonly referenced target is -1.2 m/s based on soccer athletes in rehab (Cohen, 2020).

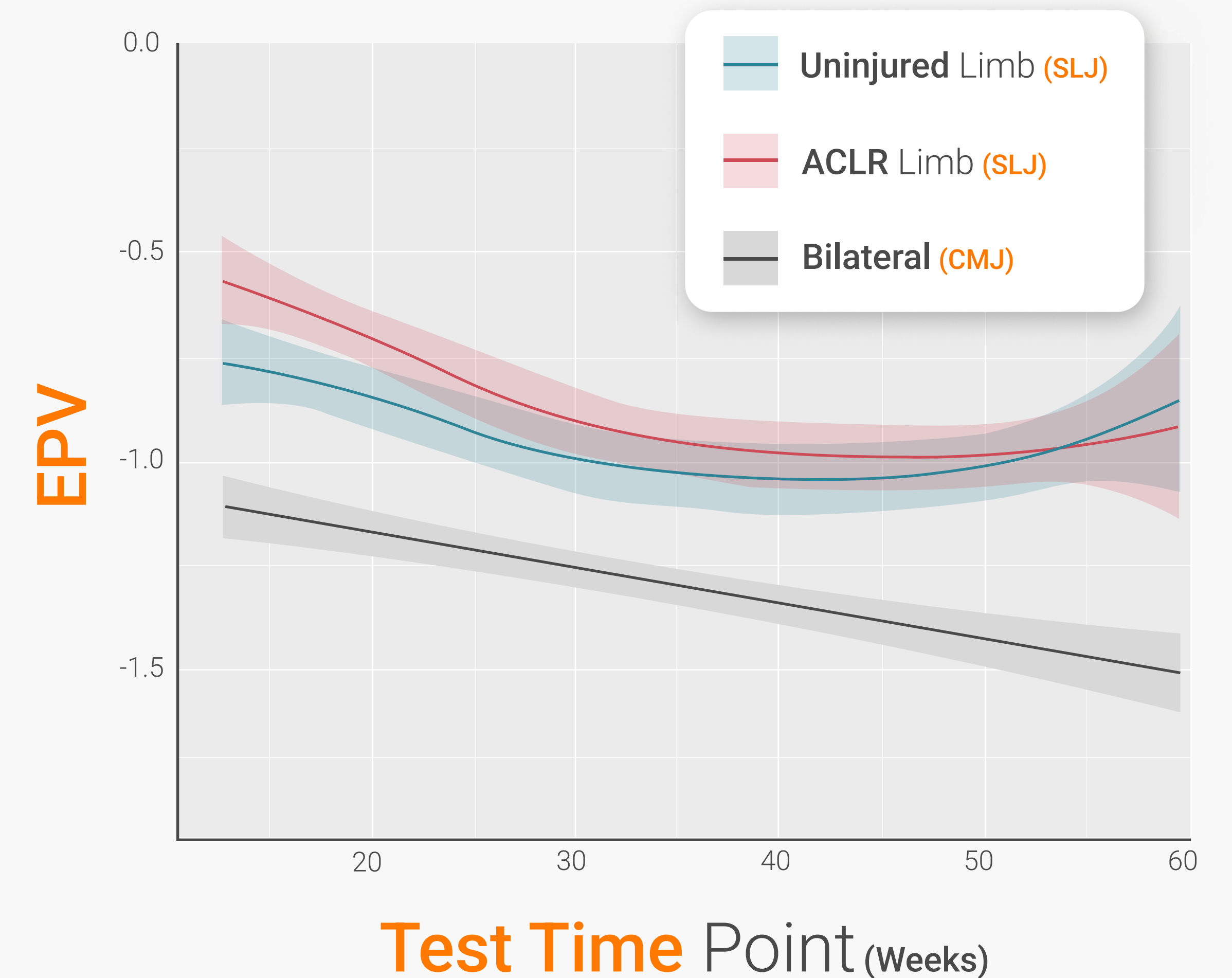
However, EPV values differ between and within different athletic populations, and should therefore be compared to cohort-specific benchmarks.



EPV in **rehab**

In rehabilitation, EPV reflects not only capacity but also confidence and willingness to expose the body to eccentric loads.

Post-**ACL**R



Male and female recreational athletes. From (Dutallis et al., 2024)

**Cueing** for adequate EPV

*"Jump High and Fast"*

Velocity-focused cues promote adequate EPV.