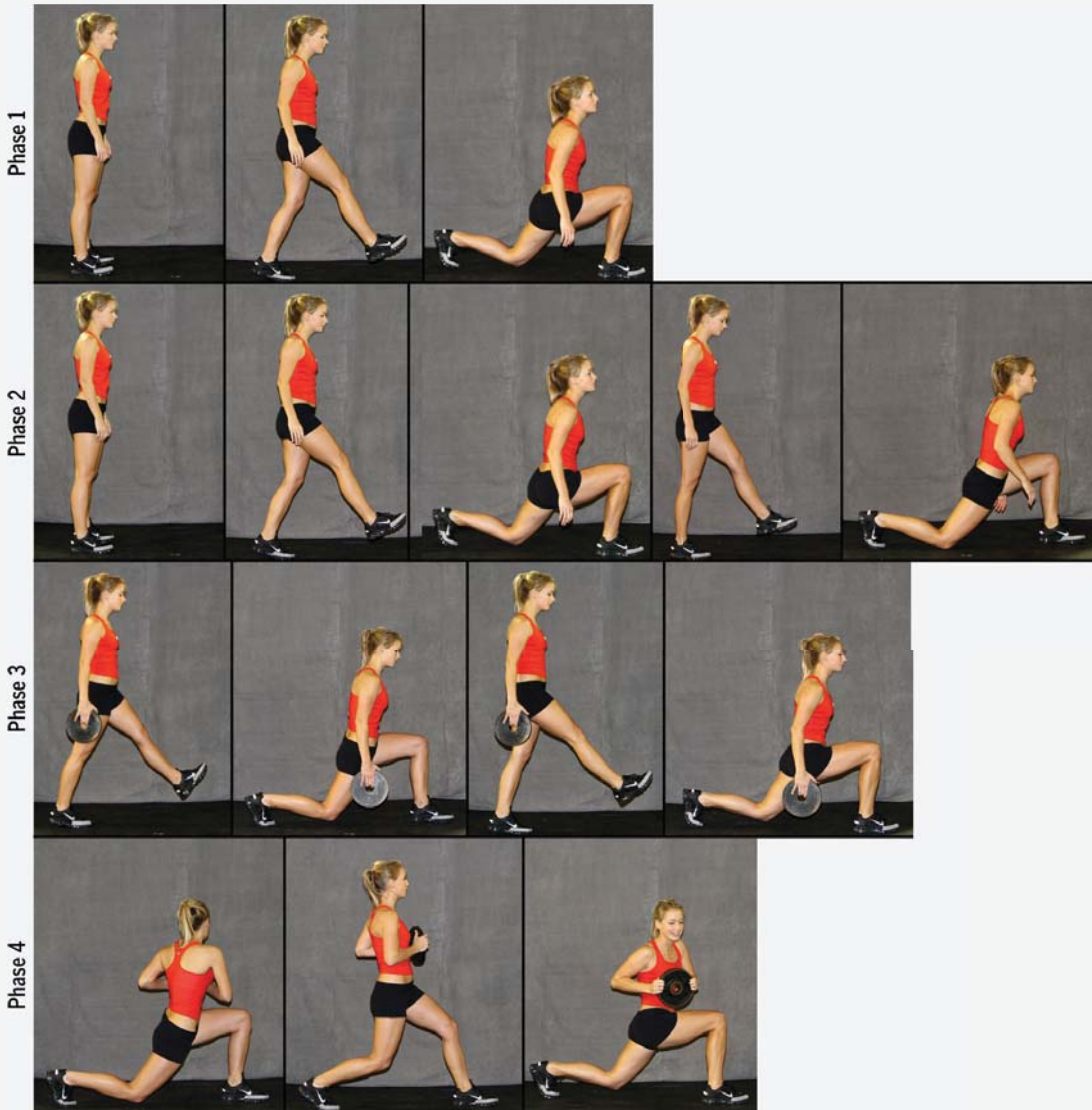


APPENDIX C

Lunge Progression



The clinician instructs the athlete to maintain most of the weight on the lead leg as they lunge forward into a deep knee flexion, avoiding hyperextension of the trunk. A slight forward lean is acceptable, as this will assist the patient to drive off the lead leg. The athlete's knee should never advance beyond the ankle during the exercise. The clinician should also cue the athlete to avoid pausing between the lunge and upright portions of the task (phase 1: 3 × 10 repetitions bilaterally; phases 2-4: 10 m × 2 sets).