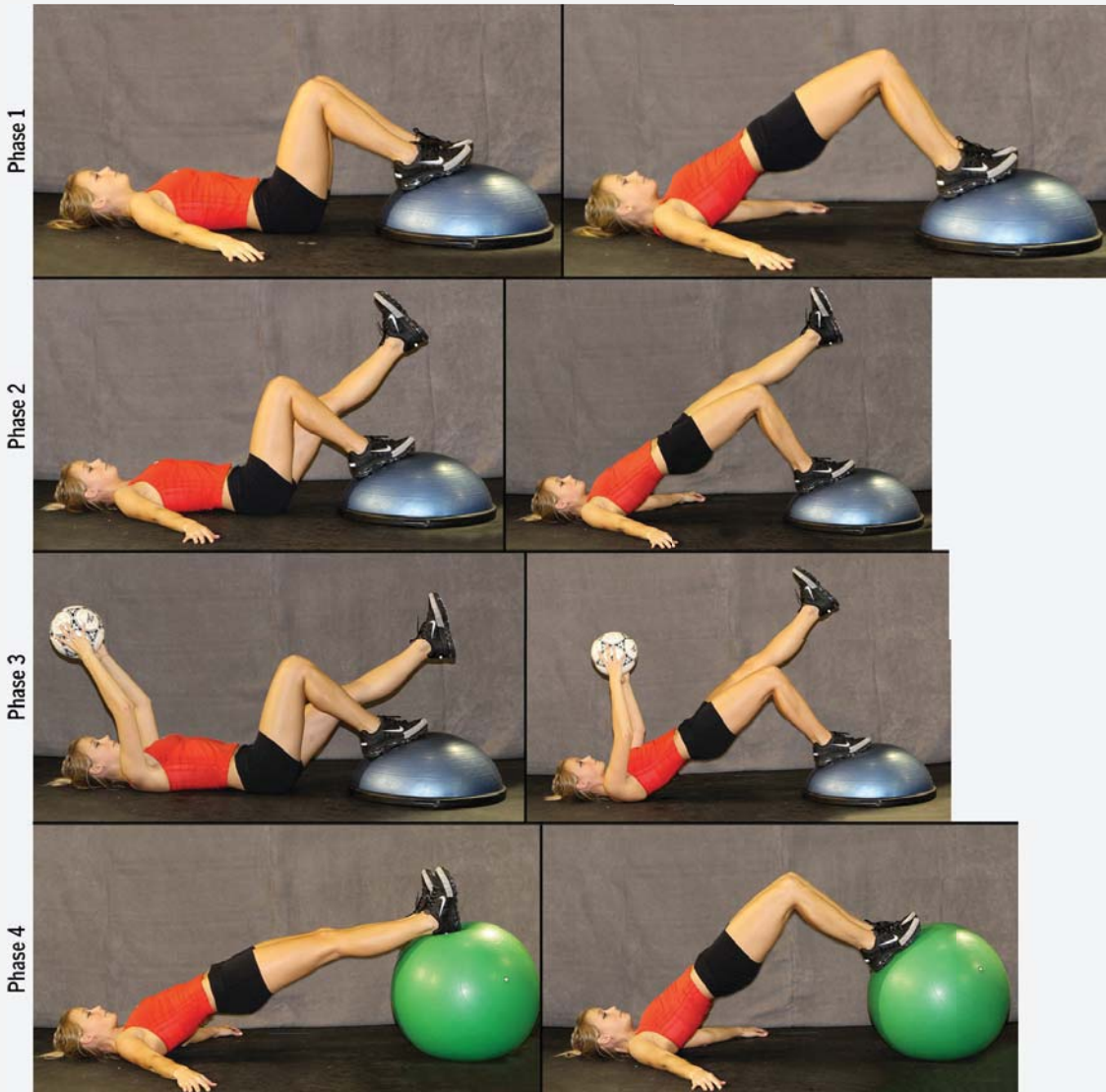


## APPENDIX I

### Posterior Chain Progression



The clinician instructs the athlete to avoid lumbar hyperextension during the bridging-task phases. Manual and verbal cues may be necessary to acclimate the athlete to a neutral pelvic position during this exercise, avoiding contralateral hip drop. As the athlete advances through stages, the goal is to perform full, uncompensated motion. Phase 3 is designed to narrow the base of support and the number of contact points to increase the difficulty of the task. In phase 4, the athlete should be instructed to minimize motion of the ball under their feet while achieving controlled hip flexion and extension (phases 1-4: 3 × 10 repetitions).