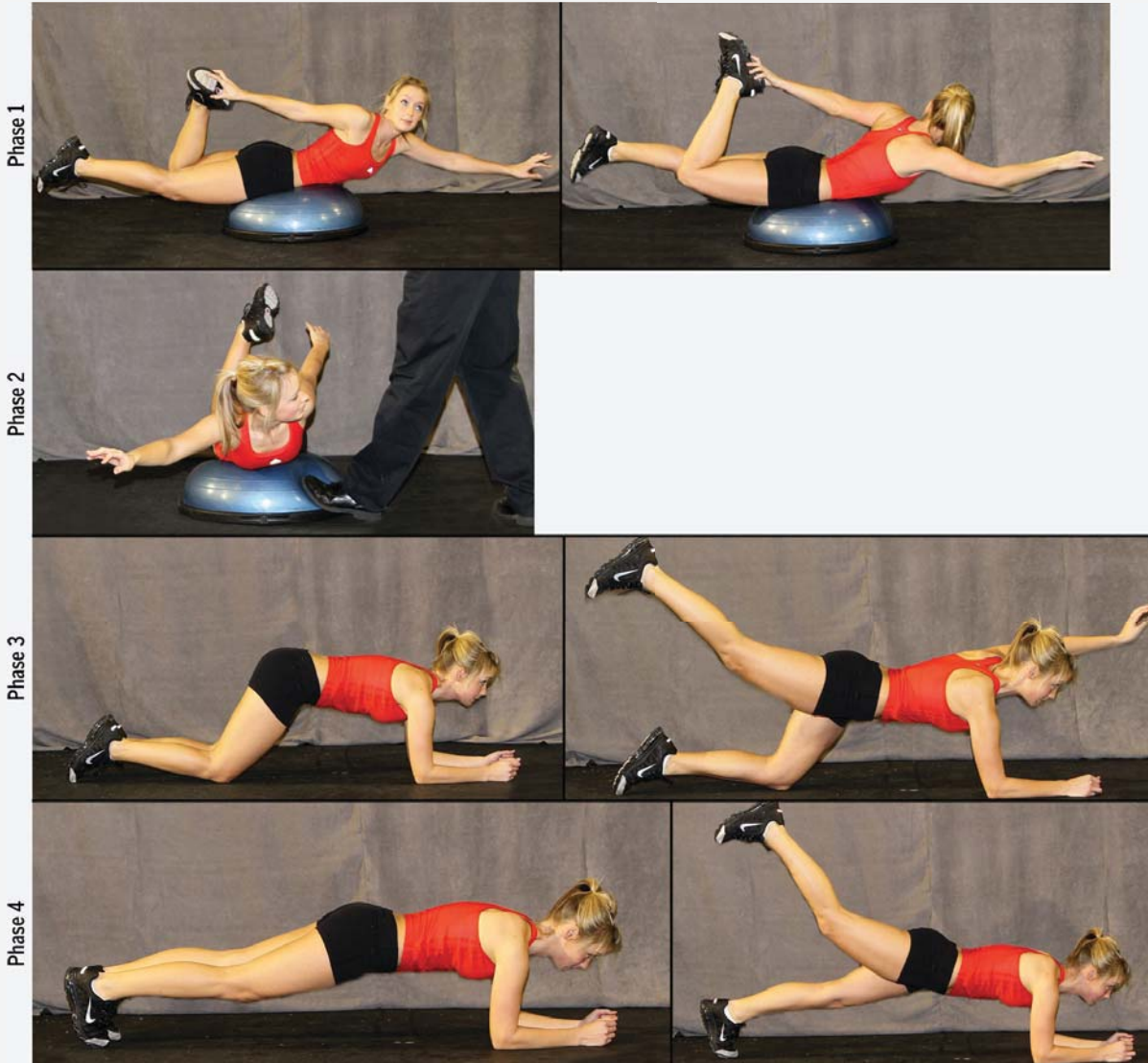


APPENDIX G

Prone Trunk Stability



The clinician instructs the athlete to minimize the amount of rebound (or reverberation) of the BOSU under the trunk, especially during partner perturbations. As the athlete progresses to the prone bridge position (phases 3 and 4), the 2 to 3 contact points away from the center of mass further destabilize the athlete as they alternate extremity limb positions. The goal is to avoid excessive trunk rotation and flexion or hyperextension as they lift their limbs (phases 1-4: 3 × 10 repetitions bilaterally).