







Patient Progression Chart

MASTERING THE SINGLE LEG SQUAT

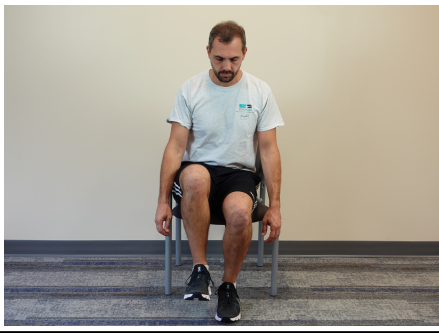


Go to [bracelab.com/clinicians-classroom](https://www.bracelab.com/clinicians-classroom) & search for *Mastering the Single-Leg Squat* to read the complete Clinical Clue and progression instructions.

<p>STEP 1:</p> <p>Squat: Normal, two leg Leg: Both Depth: Full depth Support: No</p>		
<p>STEP 2:</p> <p>Squat: Offset, two leg Leg: Involved leg back Depth: Full depth Support: No</p>		
<p>STEP 3:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: To high chair/bench Support: Yes</p>		
<p>STEP 4:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: To low chair/bench Support: Yes</p>		
<p>STEP 5:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: To high chair/bench Support: No</p>		

Patient Progression Chart

MASTERING THE SINGLE LEG SQUAT

Go to [bracelab.com/clinicians-classroom](https://www.bracelab.com/clinicians-classroom) & search for **Mastering the Single-Leg Squat** to read the complete Clinical Clue and progression instructions.

<p>STEP 6:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: To low chair/bench Support: No</p>		
<p>STEP 7:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: Partial depth Support: Yes</p>		
<p>STEP 8:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: Full depth Support: Yes</p>		
<p>STEP 9:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: Partial depth Support: No</p>		
<p>STEP 10:</p> <p>Squat: Single leg Leg: Squat on involved leg Depth: Full depth Support: No</p>		