

4x4 Matrix ~ simplified	
1. Supine/Prone	1. Assisted Unloaded
2. Quadruped	2. Unloaded
3. Tall/Half Kneeling	3. Assisted Loaded
4. Standing	4. Loaded
<div>The 4x4 Matrix Physiodave - Vancouver Physio Dave Carter</div> <div>From https://www.physiodave.com/the-4x4-matrix/</div> <div>The SFMA uses a 4x4 Matrix when prescribing exercises. It is a useful guide to follow when trying to decide on the challenge level that is appropriate for your client.</div>	