

The Weight-Bearing Lunge test - WBL

The lunge test has demonstrated adequate intra-rater and inter-rater reliability in a paediatric sample;

Reference: <https://jfootankleres.biomedcentral.com/track/pdf/10.1186/1757-1146-5-1>

These findings indicate that the WBL is useful in both clinical settings and research protocols that address the paediatric foot.

A WBL $< 30 - 35^\circ$ in children, indicates ankle range deficit, however, it is important to ensure this is distinguished from soleal range and also hamstrings. Muscle tone must also be evaluated.

