

Erbst OrthoSport



Split Stance Squat

Stand with split stance, RIGHT/LEFT foot forward, opposite foot back. Posteriorly rotate your pelvis and cross your arms across your chest. Maintaining posterior pelvic tilt, lower your back knee to the floor. Front knee is allowed to move forward in front of your toes provided you maintain pressure through your front heel and keep this foot flat.

Repeat _____ times per set. Perform _____ sets, _____ times per week.

Erbst OrthoSport Physical Therapy

(919) 612-1673