

# Erbst OrthoSport



## Forward, Side and Rotational Lunges

**Forward Lunge** – (Picture at left) Take a large step forward, reaching to your SHIN ANKLE THE FLOOR IN FRONT OF YOUR TOES. Try to keep your pelvis tucked slightly backward and low back flat, bending from the waist. Return to the start position with focus on pressing through front heel. Repeat with the opposite leg.

**Side Lunge** – (Center Picture) Take a large step sideways, keeping your foot pointed forward. Again, keep the back slightly rounded, bending from the hip. Return to the start position and repeat with the other leg.

**Rotational Lunge** – (Picture at right) Take a large step to the side and slightly behind you; if you were at the center of a clock, keep your static leg's toes facing 12:00. Moving foot: left foot would step to 8:00 and your right foot to 4:00. Concentrate on bending from the hip and rounding spine slightly. Return to the start position and repeat with the opposite leg.

Repeat this entire sequence \_\_\_\_\_ times, \_\_\_\_\_ sets, \_\_\_\_\_ times per day/week.

Tweak #1: Only do FRONT SIDE ROTATIONAL lunges.

Tweak #2: To increase the difficulty, hold \_\_\_\_\_ lb. weights in each hand.

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