

IMG PHYSICAL THERAPY

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LUNGES EXERCISES

Rehabilitation of the Legs & Lumbar spine can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight/resistance to use for exercises, guess low. It is safer and easier to add weight/resistance than to hurt your self with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

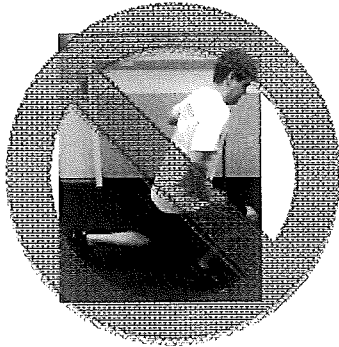
These exercises are to be done 3 to 5 days per week.
Perform 2 sets of 15 repetitions for strengthening exercises

Ice / Moist Heat for 15 minutes before / after exercising.

LUNGE PROGRESSION

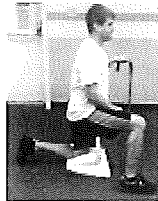
With all of the below positions, remember the following:

- Do not lean forward. Stand tall and try to keep your chest up.
- Do not let front knee move past your toes. Try to keep the knee over the ankle.



- You may put your hands on your hips if needed for balance. For lunge #1, 2 and 3, you may hold onto a cane if needed for balance.

LUNGE #1: ISOMETRIC HOLD ON GROUND



- Kneel on one knee and bend your other hip and knee in front of you so both are at 90°. You may have a pillow or cushion under the knee on the ground.
- Tighten your buttocks on the side of the knee on the ground.

Hold 30 seconds, 3 times.

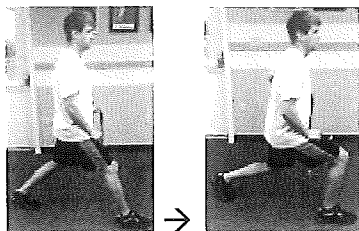
LUNGE #2: ISOMETRIC HOLD 6-12" OFF GROUND



- Begin as you did in position 1.
- Raise your back knee 6-12" off the ground.

Hold 10 seconds, 10 times.

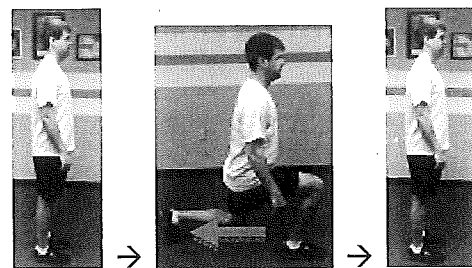
LUNGE # 3: STATIC SPLIT SQUAT LUNGE



- Begin by taking a large step forward with one leg, making sure your feet are hip distance apart.
- Bend knees to dip into a lunge, with front knee and hip at 90°.
- Slowly rise to standing, without bringing feet together.

Perform 15 repetitions, 2 times.

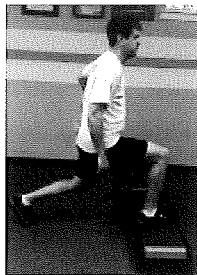
LUNGE #4: ALTERNATING SPLIT SQUAT LUNGE



- Begin standing upright with your feet together.
- Step forward with one leg and squat until hip and knee are at 90°. Let other knee bend.
- Stand and bring front foot back to meet other foot.
- Repeat with other leg.

Perform 15 repetitions, 2 times.

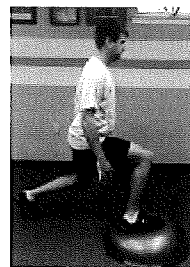
LUNGE #5: ALTERNATING SPLIT SQUAT LUNGE ONTO STEP



- With a step in front of you, perform lunge #4 as described. However, when stepping forward, place your foot firmly on the step. *Be sure your foot is fully placed on the step with both heel and toes firmly planted to prevent slipping.*
- Repeat with other leg.

Perform 15 repetitions, 2 times.

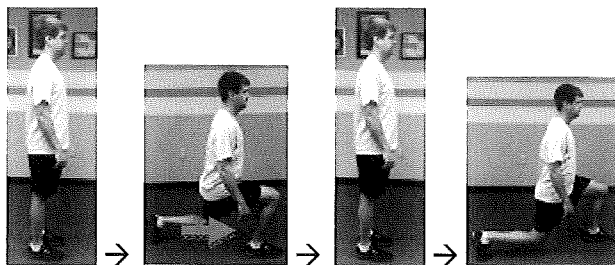
LUNGE #6: ALTERNATING SPLIT SQUAT LUNGE ONTO BOSU BALL



- Perform lunge #5 as described. However, step forward onto a BOSU ball.

Perform 15 repetitions, 2 times.

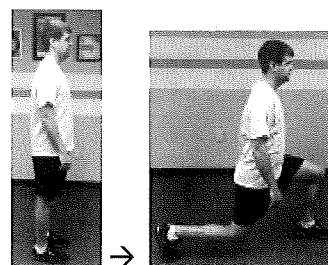
LUNGE #7: WALKING LUNGE



- Perform lunge #4 as described. However, when returning to stand, bring back leg forward to meet other foot.
- Then step forward into lunge with other foot.

Perform 15 repetitions, 2 times.

LUNGE #8: REVERSE LUNGE



- Begin standing upright with your feet together.
- Take a step backwards with one foot, allowing knee to bend and making sure your front hip and knee are at 90°.

Perform 15 repetitions, 2 times.

LUNGE #9: LUNGE WITH A TWIST (FORWARD OR REVERSE)



- Perform either lunge #7 or 8.
- When in the lunge position, twist torso toward the side of whichever leg is in front.
- Return to neutral position, and stand upright.

Perform 15 repetitions, 2 times.