

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Comment: Lunging is a great exercise to build leg strength, stability and improve core and pelvic control.

Lunge - Body Weight



10

Reps

2

Sets

- Step forward leading with your heel
- Descend into a lunge position. (think of kneeling)
- Maintain strong spinal position and a mild forward lean to load the glutes
- Push hard through your front heel to return to starting position and repeat on the same leg
- This can be commenced from split stance.

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Lateral Lunge - Body Weight



10

Reps

2

Sets

- Hands on hips or reaching forward, step to the side and squat down by hinging at the hips.
- Keep feet facing forward and back long
- Push through the heel to return to upright position and repeat on the same side.
- You can regress by starting with the feet wide already

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Lunge - Body Weight (alternating)



20
Reps

1
Sets

- Lead with the heel and step forward
- Descend into a lunge position.
- Maintain strong spinal position
- Push hard through your front heel to return to starting position and repeat on other side
- Alternate either side

[Watch Video](#)

Lunge



8
Reps

2
Sets

- Repeat exercise 1 but hold a weight to progress this exercise.
- Descend into a lunge position.
- Maintain strong spinal position
- Push hard through your front heel to return to starting position and repeat

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The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.