

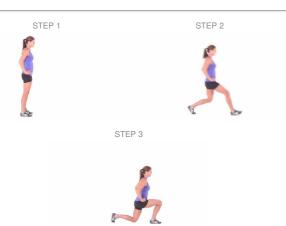
# **Prepared by Brian Ranney**

Texas

## Access your exercises online!

Visit URL:

memorialhermann.medbridgego.com Enter Access Code: 9RVAJMXL



## Standard Lunge

### Setup

Begin in a standing upright position with your hands on your hips and feet positioned

#### Movement

• Keeping your trunk upright, step forward and lower your body towards the ground, then carefully return to the starting position.

## Tip

Make sure not to let either knee collapse inward and keep your trunk steady during the



# Single Leg Squat with Forward Reach

### Setup

. Begin in a standing upright position, holding your arms straight in front of your body. Lift one leg off the ground to a 90 degree angle.

### Movement

Squat down on your standing leg, extend your other leg backward, and lean your trunk forward at the same time. Then return to the starting position and repeat.

# Tip

Make sure to keep your knee aligned as you squat and do not let it move forward past your toe. Hinge at your hips and keep your back straight as you lean forward.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.