

Lunge Matrix

Sagittal Plane

Step 1: Step affected leg forward and bend both knees to 90 degrees. Keep front leg in straight forward alignment and most of body weight on front leg. Push off of front leg to return to standing.



Frontal Plane

Step 2: Step affected leg laterally and bend affected knee to 90 degrees. Most body weight should be through leg that took lateral step. Push off lateral leg to return to standing.



Transverse Plane

Step 3: Step affected leg backwards on a diagonal, with toes pointing outward. Bend back leg to 90 degrees, with most of body weight shifted through back leg. Push of leg to return to standing.



Repeat each step 10 times.