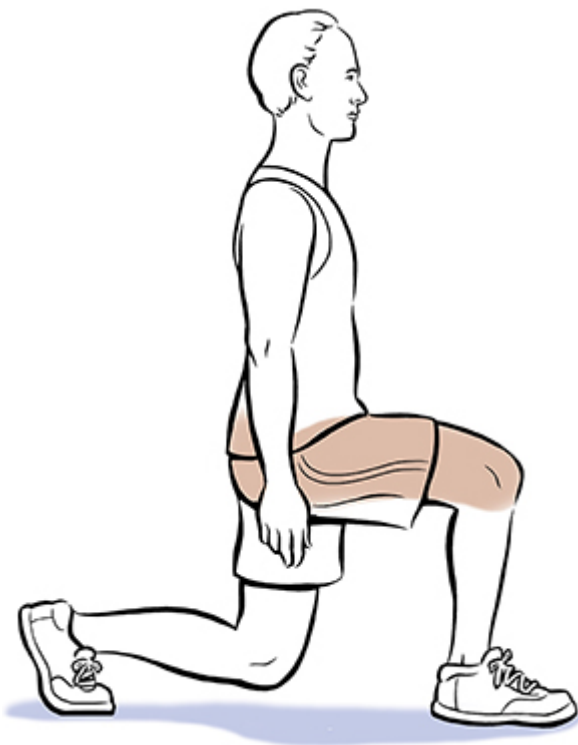


## Leg and Knee Exercises: Leg Lunge



This exercise is designed to stretch and strengthen your knee. Discuss this exercise with your healthcare provider and read through all the directions before beginning. Start with a warm-up, which can help prevent muscle soreness and improve coordination, so you don't fall. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, call your healthcare provider.

1. After a brief warm-up, such as brisk walking for a few minutes, stand with your feet shoulder-width apart.
2. With one foot, step out and lower yourself into a comfortable position. Keep your back straight and your feet pointing straight ahead. As you step, the heel of the other foot lifts off the floor.
3. Return smoothly to your starting position.
4. Repeat 5 to 10 times on each side. Do 2 to 3 sets a day.



### Important reminders

- Don't let your forward knee go past your toes.
- Don't lunge so far that your rear knee touches the floor.
- Keep knees in line with the second toe.

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