



## Kneeling Lunge

1. Keeping your back straight, kneel on one knee. This will be the front hip that will be stretched. Then place your other foot flat in front of you at 90 degrees.

2. Holding your body in good posture, slide forward.

You will feel a stretch in the front of your lower leg. Do not push any further. Start with holding for 30 seconds

3. Switch sides and repeat 3 times each side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.**