

YOGA POSERS

CRESCENT LUNGE

HIGH LUNGE IS A STANDING POSE FOR ATHLETIC WARM-UPS

BIOMECHANIC BASICS	Spinal extension/backbend. Shoulder flexion. Front hip is flexed and somewhat compressed. Back hip is extended. Core typically needs to resist too much pelvic anterior tilt/lumbar extension.
BENEFITS	This pose builds strength in the legs and teaches good basics about how the legs work in many standing poses. Non-weight-bearing shoulder flexion can improve scapular-humeral rhythm. Balance is challenged with back heel lifted and upward gaze.
COMMON COMPLAINTS	Front knee sensation, anterior hip sensation, low back pinch, Hard to balance with back heel lifted, tension in neck with misaligned shoulders especially if gaze is upwards.
COMMON MISALIGNMENTS	Front knee not centered over ankle (hip adduction), Front knee past ankle because stance is too short, back foot planted because balance is hard or big toe cannot extend (bunion or arthritis), difficulty balancing because stance is too narrow (feet aren't hip distance apart)
VARIATIONS	Hands to the floor, blocks or front thigh to help balance, set up the base of the pose. Twist towards or away from front leg. Forearms to the floor (lizard lunge). Gomukhasana arms with or without forward fold.
THERAPEUTIC APPLICATIONS	Block between shin and wall to encourage deeper hip/knee flexion. Back heel to wall for stability and muscle activation. Step back into lunge from Chair Pose. Step Forward into pose from raised heels. Compare raising arms with inhale (flatter lumbar) vs. exhale (over-arched lumbar)



FAVORITE CUES

- Zip up the belly
- Pull front hip point up as you push root of front thigh down.
- “Scissor” the legs (isometrically closed for flexi types; open for tighter)
- Center the front knee over the middle toes