



Heel Raise - Posterior Tibialis activation

Place a band around your ankles. Roll your weight slightly onto the outside of your feet so you press your ankles out into the band. Raise up on your toes, keeping your weight distributed on your big toe and pinky toe. SLOWLY return back to the floor.

Complete with your knees straight AND with your knees bent.

Repeat 15 Times

Hold 2 Seconds

Complete 2 Sets

Perform 3 Times a Week



Tripod Foot Twists (BAND AROUND KNEES)

Standing next to a wall, bend your knee and push the side of your knee into the wall (left image). Then SLOWLY rotate the knee of your balancing leg inwards. Pull out against the band and repeat the SLOW inward movement. You should feel your weight being shifted back and forth between your big and little toe. Your heel should not lose contact with the ground.

Repeat 12 Times

Perform 3 Times a Week

Complete 2 Sets



Hurdling Pigeon Combo

Begin in Hurdling Pigeon pose. Lean forward while keeping chest parallel with forward leg until you feel a stretch behind hip. Hold for 2-3 sec then raise trunk back to upright position. Then, raise butt from floor and thrust hips forward at the top. SLOWLY return butt to floor without flopping down at any point.

Complete with each leg forward.

Repeat 10 Times

Hold 3 Seconds

Complete 1 Set

Perform 3 Times a Week



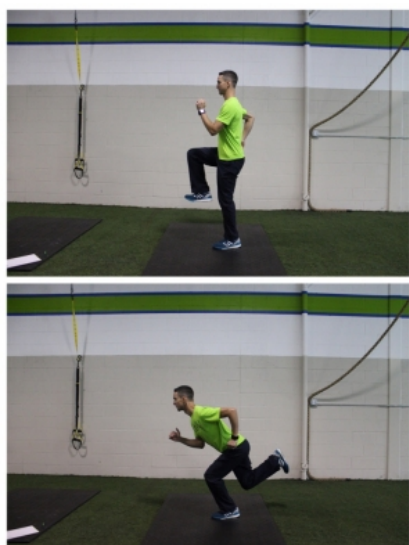
1/2 Kneeling Trunk Rotation on wall with Band

Begin in a half-lunge position against a wall with the leg closet to the wall on the ground. Place a small foam roller/ball between your forward knee and the wall. Rotate your trunk and reach behind you, stretching the band, while keeping ball pressed against the wall. Hold.

Repeat 10 Times

Hold 5 Seconds

Perform 3 Times a Week



Single Leg Runner Squat

Stand on one leg with your opposite knee raised to hip level with a tall posture.

As you begin the squat slowly swing your leg that was raised behind you.

The key to this exercise is keeping your back straight.

Complete on both legs.

Repeat 12 Times

Complete 2 Sets

Perform 3 Times a Week



Single Leg Good Morning Pushing Against Wall

Stand about half a step away from a wall with one foot placed on the wall and the other a few inches forward and slightly bent.

Keeping your back flat and your shoulders pulled back, SLOWLY bend at the hips. As you lower, push your heels down against the ground and wall. Hold this position for 2-3 seconds, then slowly return to the starting position.

Repeat 12 Times

Complete 2 Sets

Perform 3 Times a Week