



TPW 's Achilles Tendon Menu

#	Sets	Reps	Duration	ECise
1	1	40		Supine Foot Circles & Point/Flexes
2	1	1	0:05:00	Static Back
3	1	1	0:04:00	Static Wall
4	1	1	0:15:00	Supine Groin Stretch

Instructions:

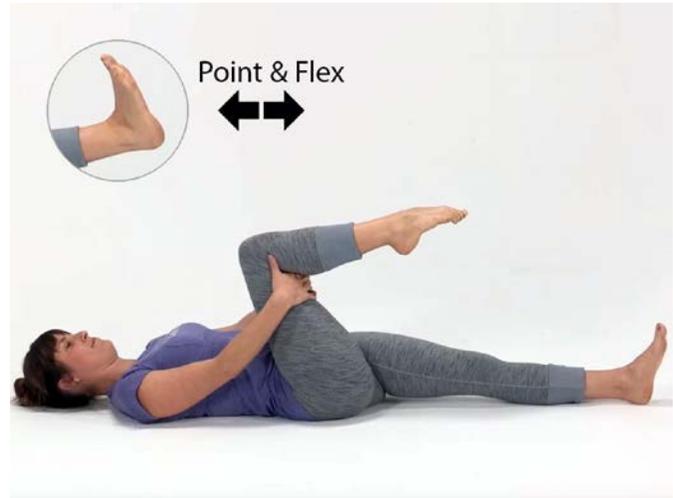
Total time: 45 minutes.

Times a day: Once in the morning.

THE POSTURE workout

1 Supine Foot Circles & Point/Flexes

prepared for TPW



Repeat 40 times clockwise, 40 times counter clockwise, and 40 point flexes

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest.
2. Clasp your hands behind the bent knee.
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles relaxed.
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps.
 - Make sure the knee stays absolutely still with movement coming from the ankle and not the knee.
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps.
6. Switch legs and repeat.

Notes:

- Make sure your down leg's foot is pointing to the ceiling.

Fun Facts:

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg.



Hold this eCise for 05 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

- Doesn't this feel good? Lying on your back and elevating your legs to 90 degrees allows gravity to do its job of removing rotation and/or asymmetry in your body. If you feel like one shoulder or one side of your pelvis is pushing into the ground more than the other, this is asymmetry showing up!

3

Static Wall

prepared for TPW



Hold this eCise for 04 min.

Instructions:

1. Lie on your back with your legs pointed straight up and against the wall, upper body relaxed with arms out to sides at about 45 degrees and palms facing up feet should be hip width apart.
 - When getting into this position, get your hips as close as possible to the wall, so once you are in position your butt is also as close as possible to the wall.
 - If your hips are lifting off the floor then scoot your butt back until you are able to place your hips flat. As you get more functional, your hips will sit closer to the wall and be flat on the floor at the same time.
2. In this position tighten your thighs and pull ALL of your toes down and back evenly towards your face.
 - Your feet must be pointed straight(parallel) for your hips to properly do the needed work to stabilize your spine.
3. Hold as directed on your menu.
 - Be sure to keep your toes pulled back and thighs tight.

Fun Facts:

This exercise promotes thoracic extension while limiting the rotation ability of the lower load joints.

Supine Groin Stretch

prepared for TPW



Hold for 15 min per leg.

Instructions:

1. Lie on your back in the supine groin position with one leg straight on the floor and the other leg on a block or a chair with the knee bent at 90 degrees.
2. The down leg should be propped up on the outside with a heavy object. Be sure the prop is heavy enough to hold the foot from falling outward. You should relax your legs and feet in this position. Keeping the down foot propped up, so it is pointed straight up and not falling out at an angle, is essential to allow a release of the hip flexor muscles.
3. Your arms should be out to your sides at 45 degrees with palms facing up, upper body relaxed.
4. You will not feel a “stretch” necessarily while in this position. Instead you will begin to feel your back and hips settle into the floor.
5. A way you can test your progress while in this position is to perform the thigh test. Tighten the thigh of the straight leg for a few seconds. Relax for a second and then tighten the thigh again for a few seconds. Notice where the tightest part of the contraction is. At the beginning, you will probably feel the contraction just above the knee.
6. Retest every 5 minutes until the contraction moves up your thigh, above half way, and then closer to your hip. This indicates that your quads are releasing, and so are your hip flexors!
7. After the recommended time has passed, when you feel your low back flat to the floor or the quad test indicates that the quad contraction is near your hip, switch sides and repeat.
8. To view a video demonstration of Supine Groin Stretch go to: <https://youtu.be/hINNL9oUnrM>.

Fun Facts:

- Sitting for extended periods throughout the day causes a number of negative side effects to our posture, including loss of our designed spinal curves and short and tight groin muscles. This E-cise helps to reverse the negative effects caused from sitting all day.