



## TPW 's Feet and Ankles Menu

#	Sets	Reps	Duration	E-cise
1	1	40		Supine Foot Circles & Point/Flexes
2	2	1	00:01:00	Supine Calf & Hamstring Stretch
3	1	1	00:02:00	Static Extension Position
4	1	1	00:02:00	Airbench

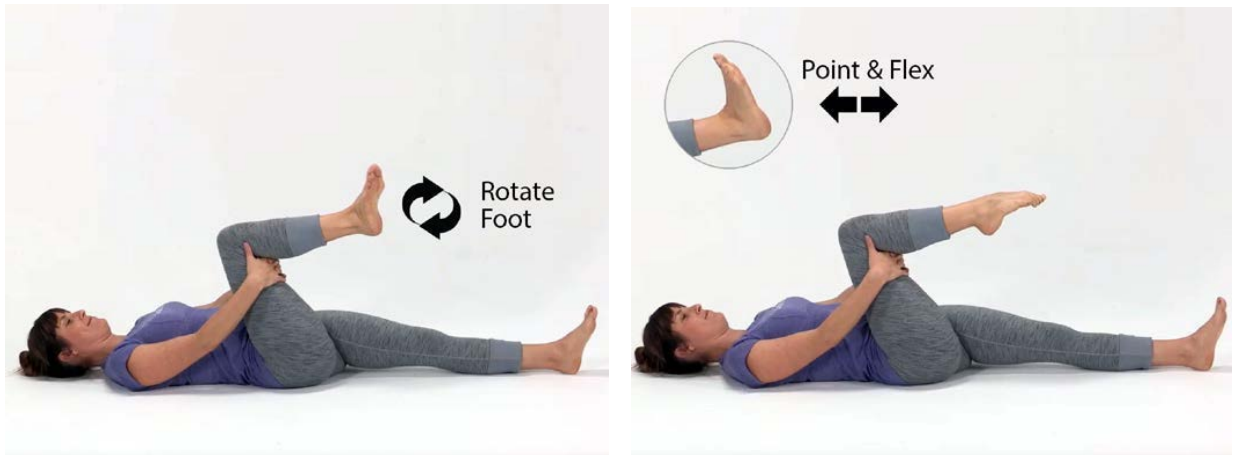
### Instructions:

Total time: 15 minutes.

Times a day: Once in the morning.

# POSTURE workout

## 1. Supine Foot Circles & Point/Flexes



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.

# POSTURE workout

## 2. Supine Calf & Hamstring Stretch



Hold each position for 01 min.

### Instructions:

1. Lie on your back with your knees bent.
2. Position 1: Take a strap or belt and loop it under the ball of one foot.
3. Firmly holding the ends of the strap, straighten that leg and **PULL YOUR TOES DOWN** toward your hips to feel a stretch in the calf or back of your lower leg.
  - The straight leg should be lined up with the bent knee.
  - Keep your thigh/quad tight and toes pulled back.
  - Your upper body should be relaxed throughout the E-cise, shoulders back on the floor.
4. Hold for 1 minute.
5. Position 2: Loop the strap under the heel of the straight leg.
6. Pull back on the strap so your leg points towards the ceiling, you will feel a stretch in the back of your thigh. Keep your thigh tight and **TOES RELAXED**.
  - Do NOT let the hip lift up off the floor.
7. Hold for 1 minute.
8. Switch legs and repeat both positions.

### Fun Facts:

- This exercise promotes unilateral lumbar engagement with emphasis on using pelvic flexors.

# THE POSTURE workout

## 3. Static Extension Position



Hold this E-cise for 02 min.

### Instructions:

1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees).
  - Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead.
  - Arms must remain straight, elbows locked.
2. Walk your hands 4-6 inches forward and then move your upper body forward so that your shoulders are again above your wrist but now your hips are forward of your knees 4-6 inches.
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis.
4. Collapse your shoulder blades together and drop your head down.
  - Your shoulders should be directly above your wrist.
  - If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier.
5. Hold as directed on your menu.

### Fun Facts:

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.

# THE POSTURE FIT workout

## 4. Airbench



Hold this E-cise for 02 min.

### Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
  - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
  - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
  - Your lower back should be completely flat against the wall.
  - Your arms can hang down to your sides or rest your hands gently on your lap.
3. Hold as directed on your menu.
  - Keep the weight in your heels, do not press forward on your toes.
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

### Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.