

Toes Up Foot Up

Purpose: This homework is designed to correctly repattern your feet so they will move and function in their correct planes while walking and running.

How Often: The best time to do this repatterning is before a walk or a run, but it can be done any time. This homework should be done at least 3 times per week for 3 sets of 10 reps.

Directions: Basic First, you are going to sit on a chair on the front edge of your sitting bones. Your weight should feel like it is on the top of your thighs. Be in your line. Have the leg you work on stretched out a bit in front of you so you can see.

Now pick a leg to start and put your finger on the middle of the front of your ankle. Let the finger linger there so you can remember that spot. Move your finger and feel the middle of the back of your knee, letting the finger linger. Now move your finger to your hip bone at the front of your leg. Remove your finger and think about these 3 spots on your leg. You will be thinking about the line you have just created as you continue with the exercise.

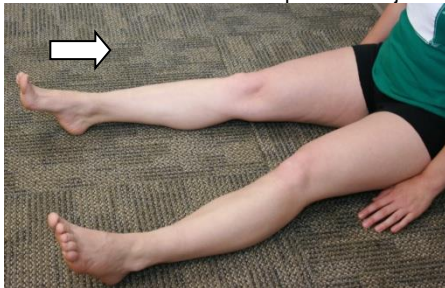
(C) Now that you are in the proper work position you will bring the toes towards the nose (B-1). Then, bring your foot up (B-2), keeping the toes up. Now, bring the foot down with the toes still up. And then the toes down. Repeat this sequence 10 times on this side. After the 10 are completed adjust the feet back to fist width and move to the other leg touching the 3 points and complete 10 reps. You want to complete 30 repetitions on each leg.

Advanced – knee forward and back – homework for after Session 4 of 10 series

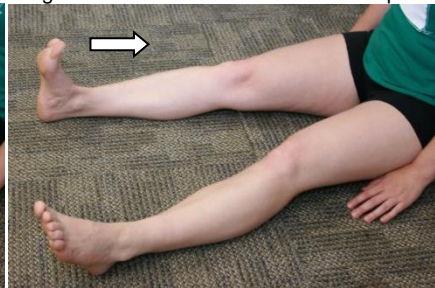
(D) Bring the knee straight forward a touch from the middle of the back of the knee.

Next leaving the knee forward, move the toes up, and then the foot up. Next the knee goes back, and the foot goes down and the toes go down. Repeat this 10 times.

After the 10 repetitions adjust the legs back to fist width and touch the 3 points as discussed above and start the at D-1 again.



B-1



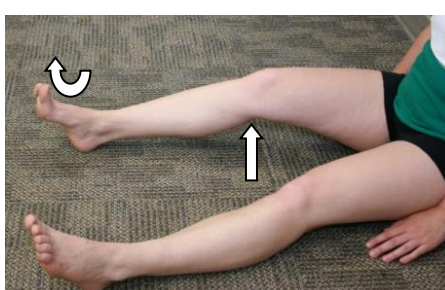
B-2



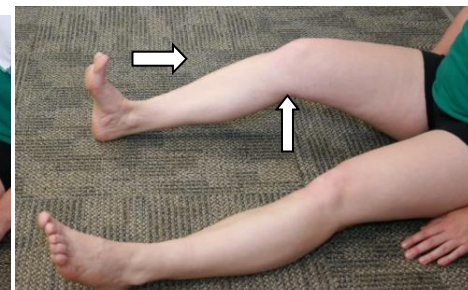
C-1



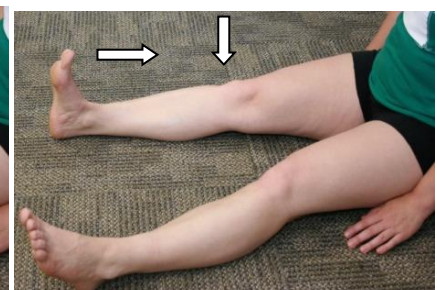
D-1



D-2



D-3



D-4