

Intro to Restorative Exercise™

Perform each exercise for up to 1 min, repeating 2-3 times a day for best results.



Foot Alignment: The position of your foot when walking is very important. The muscles in your legs and pelvis don't work correctly unless the feet point straight ahead while walking... like the tires of your car. Use the straight edge of a yoga block or tile to line up the OUTSIDE edge of the foot. Feet should be positioned hip width apart.

Standing Alignment: From the side view, you should have these objective markers in a vertical line: midpoint of the ankle, knee, hip, shoulder and earlobe. The vertical line of gravity is necessary for providing mechanical stimulation for maintaining bone density and skeletal position for optimal muscle use and function.



Calf Stretch



Use a half dome (as shown), yoga mat or rolled towel. Place the ball of the foot on the top of the dome. Step forward with the opposite foot as far as you can while keeping your body upright in standing alignment. Your hips should remain aligned over your ankle that is being stretched.

Foot Stretch



Stand up and reach one leg back behind you, tucking the toes under as shown. If your foot cramps, take a rest, then return to the stretch.

Double Calf Stretch



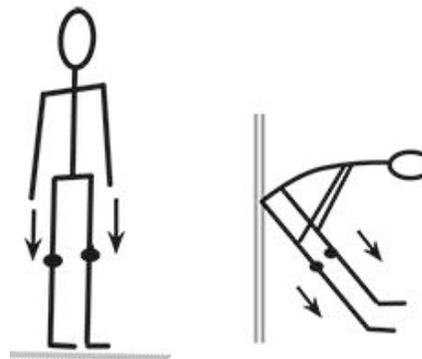
Line up the outside edges of your feet and straighten your legs all the way. Bend your torso forward by hinging at your hips. Place your hands on a chair or desk for support. Your weight should be back in your heels. See if you can allow your pelvis to drop forward to attain your lumbar curve.

Monster Walk



Start with feet hip width apart, outside edges of the feet straight. Keep the legs straight as you step sideways 10 steps and then return. Repeat 2-3 times. When you can maintain form, place an elastic ring around your ankles to increase the work. Make sure to always maintain tension in the band.

Knee Cap/Quad Release



We should be able to stand with straight legs without contracting the quad muscle on the front of the thigh. To check to see if you are not "locking" your knees, you should be able to contract your quads and notice your knee caps lift. When you relax, the caps will drop. Remember: your caps won't relax if your knees are bent. Straighten your legs. Find a wall to lean against if you are having difficulty relaxing.