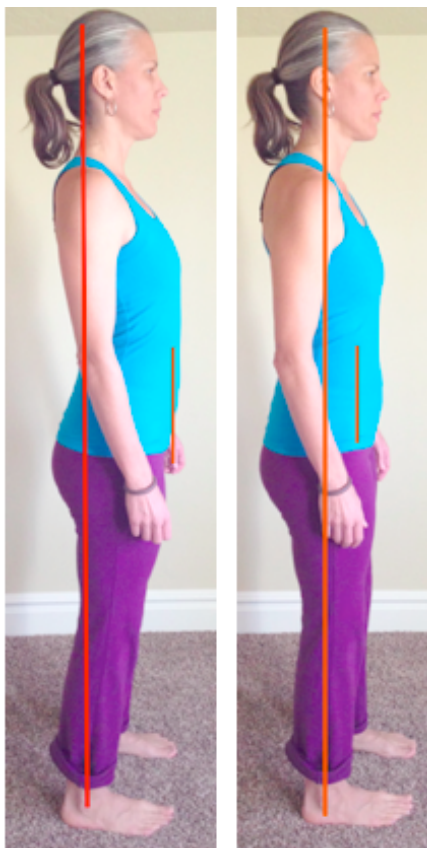


Standing Alignment



Key Steps Toward Alignment:

1. Feet hip width apart with the outside edge of your heel and your last toe in the same line (you may feel pidgeon-toed).
2. Shift your hips back to be in line with your ankle bone. Allow your weight to fall back into your heels.
3. If your shoulders are still behind your hips, drop your ribs down to get the ribs in the same plane as your pubic bone.
4. Ramp your head back so your earlobe is in line with your shoulder.

From the side view you should have these alignment markers in a vertical line: midpoint of the ankle, knee, hip, shoulder and earlobe. You should also have the 10th rib, the boney part of the front of your hip and the pubic bone in line.