Lower Extremity Exercise Prescription Handout
Ankle Stability Retraining

With a shortened foot and straight spine, stand on one foot the goal is to reach 30 seconds in one pose before moving on to the next:

1. Eyes open, arms down
2. Eyes open arms crossed
3. Eyes closed arms down
4. Eyes closed arms crossed.
5. Repeat the above, standing on a pillow.
Different leg positions can be tolerated by different people and tend to stretch slightly different pathways. Do both sides. This can be done at least twice daily by performing it in bed at bedtime and before rising from bed in the morning.

The set in the middle is usually most easily tolerated. The legs should stay stuck together such that they do not slide past one another. That means the one foot will come up off the ground as soon as the knees start to rotate to the opposite side.
HEP: Seated Pelvic Clock

Neutral 12 o’clock 6 o’clock

This is a subtle but profound stretch and can be used as a foundation for many other stretches. 6 and 12 are only the first, simplest part of this series for low back Home Exercise Program (HEP).
HEP: Piriformis, Seated

Note how bringing your ankle up to cross over your knee tends to bring your pelvis into the 12 o’clock position. Turn on the stretch by going back into 6 o’clock (by sitting up straight and tall and pooching belly forward with chest high). Some fine tuning can be done by rotating your trunk left or right.
HEP: Kneeling Psoas / TFL

BY LEANING AWAY FROM YOUR BALANCING KNEE, YOU STRETCH THE TFL MUSCLE ON THE OUTSIDE OF YOUR KNEELING LEG.

NOTE 12 O’CLOCK PELVIC TILT TO TURN ON STRETCH.
HEP: Hamstrings / Calves

Keep in 6 o’clock pelvic tilt as bend forward and keep foot with toes pointed toward ceiling.

Lead with the heel toward the ceiling when doing this laying on your back.
With back held straight, tighten lower abdominals (between belly button and pubic bone) and slowly sit back. Hold at 45 degrees for 30 seconds and roll back to the floor, one vertebrae at a time.
Re-training: Heel Glides

Pull your pelvis back to 12 o’clock position (pressing your low back into the floor). Tighten lower abdominals, and slowly slide your heel away from your body. Repeat 10 times – slowly.
Re-training: Plank

Hold your body in “push up” position – goal is 60 seconds.
If you have wrist pain or a sharp sensation
In your low back, drop down to the modified position, on your forearms.
You should contract your abdominal muscles for the entire pose.
Re-training: Pelvic Bridge

Tighten your lower abdominals to pull them up to the 12 o’clock position, flattening your back on the ground. Draw your hips off the floor. The goal is to hold this position x 60 seconds.