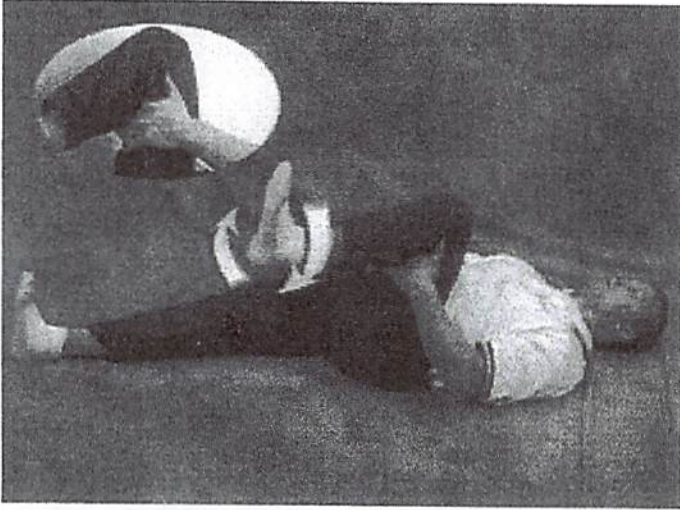


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Supine Foot Circles & Point/Flexes



Repeat this eCise 40 times

Instructions:

Lie on back with one leg extended and the other leg bent and toward chest. Clasp your hands behind the bent knee while you circle that foot. (Keep the foot on the floor pointed straight up toward ceiling and your thigh muscle tight). Reverse and circle the other way. Make sure the knee stays absolutely still with movement coming from the ankle and not the knee. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot. Switch legs and repeat.

Purpose:

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg

MASTER

