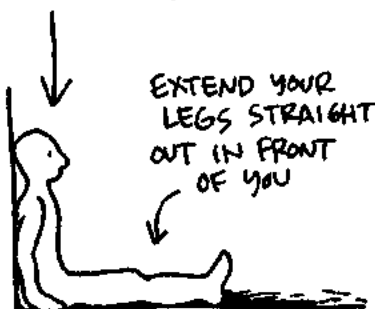
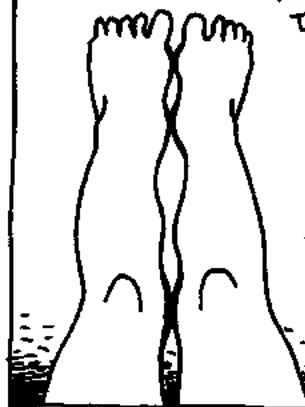


SIT WITH YOUR BACK AGAINST THE WALL (THIS WILL HELP YOU STAY ON YOUR SITZ BONES).



EXTEND YOUR LEGS STRAIGHT OUT IN FRONT OF YOU

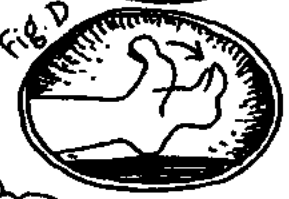
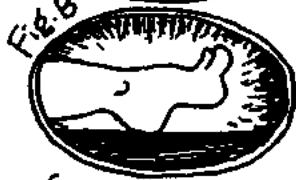
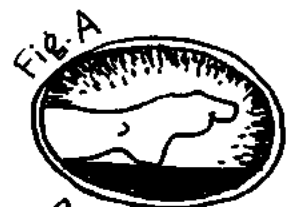
BRING YOUR LEGS TOGETHER WITH THE BIG TOES, ANKLES, & KNEES TOUCHING AT THE INNER SURFACE, IF POSSIBLE.



IT'S HARD FOR MOST PEOPLE TO GET ALL THREE TO TOUCH... IF SO, JUST KEEP WORKING TOWARDS THIS GOAL.

THINK OF EACH LEG AS A WHOLE CYLINDER, SLOWLY ROTATING THE WHOLE LEG AS A UNIT OUTWARD & THEN BACK TO THE CENTER.

- ① POINT YOUR TOES, KEEPING LENGTH THROUGH YOUR FOOT. (Fig. A) →
- ② SLOWLY ROTATE EACH WHOLE LEG AS A UNIT OUTWARD 2 OR 3 INCHES.
- ③ ROTATE LEGS BACK TO CENTER.
- ④ BRING JUST YOUR TOES UP (FOOT STILL EXTENDED AT THE ANKLE). (Fig. B) →
- ⑤ ROTATE YOUR LEGS SLOWLY OUT THEN BACK TOGETHER.
- ⑥ WITH TOES STILL UP, BRING FOOT UP AT THE ANKLE, EXTENDING THROUGH THE HEEL. (Fig. C) →
- ⑦ ROTATE LEGS SLOWLY OUT THEN BACK TOGETHER.
- ⑧ ROTATE LEGS AGAIN, SAME FOOT POSITION.
- ⑨ KEEPING TOES UP, BRING FOOT DOWN. (Fig. D) →
- ⑩ ROTATE LEGS OUT THEN BACK TOGETHER.
- ⑪ POINT YOUR TOES, KEEPING LENGTH THROUGH YOUR FOOT. (Fig. A) →
- ⑫ ROTATE LEGS OUT THEN BACK TOGETHER.



FOCUS ON KEEPING THE LENGTH DOWN THE CENTER OF EACH LEG & FOOT.

That's one set done! ★

WORK TO HAVE THE 3 POINTS - TOES, ANKLES, KNEES - ROTATE APART AT THE SAME TIME, & BACK TOGETHER AT THE SAME TIME.

# A Life of Grace ~ Leg Rotations

...Dr. Rolf's Repatterning Exercise

Sit with back against a wall and your legs extended straight in front of you. Keep your low back against the wall during the whole sequence. The legs are kept together with knees, ankles bones and big toes touching at the inner surface if possible. (Most people have a hard time doing this so don't strain.)

1. Point the toes down and feet down at the ankle joint. Keep toes and feet in this position and begin turning the whole leg out from the hip joint as far as it will go (without straining), then return to starting position VERY SLOWLY. Initiate the return movement from the internal ankle bone.
2. Keep the foot and ankle down and just raise the toes up. Repeat the turnout pattern with focus on the hip as the place where turning starts. Return to starting position, focusing on the internal ankle.
3. With toes still up, bring foot up (towards the nose) at the ankle, extending heel as far as your can. (Without straining, and remembering to keep back and buttocks flat against the wall.) Again, turn out from hip. Then slowly rotate leg back in, leading with inner ankle bones.

Now sequence reverses itself:

Foot down with toes up, turning out from hip, in at ankles.

Toes down, foot down... relax and remember to breathe.

Do both legs together; then one at a time.

REVIEW: A. Toes down, ankle down (turn out, turn in)

B. Toes up, ankle down

C. Toes up, ankle up

Then Reverse...

# REPATTERNING EXERCISES

**LEG EXTENSIONS, IN SHORT:**  
WITH EACH FOOT POSITION, SLOWLY ROTATE LEGS OUT A FEW INCHES & THEN BACK TO CENTER.

- ① TOES DOWN, FOOT DOWN 
- ② TOES UP, FOOT DOWN 
- ③ TOES UP, FOOT UP 
- ④ TOES UP, FOOT UP 
- ⑤ TOES UP, FOOT DOWN 
- ⑥ TOES DOWN, FOOT DOWN 

- FOCUS ON KEEPING LENGTH DOWN THE INSIDE OF EACH LEG & FOOT.
- WORK TO KEEP CONTACT BETWEEN BIG TOES, ANKLES, & KNEES.
- THINK DEEP, GO SLOW, & REMEMBER TO BREATHE!

Are you still on your sits bones?

Breathe!





Relax!

Ahh!

## ARM EXTENSIONS, IN SHORT:

WITH EACH HAND POSITION, RAISE ARMS STRAIGHT UP TO ABOUT 4" APART, THEN SLOWLY BRING ARMS BACK DOWN ALMOST TO THE FLOOR.

ROTATE FROM THE SHOULDER:

- ① PALM DOWN 
- ② THUMB UP 
- ③ PALM UP 
- ④ PINKY UP 

ROTATE FROM THE ELBOW (HOLD YOUR SHOULDER POSITION)

- ⑤ PINKY UP 
- ⑥ PALM UP 
- ⑦ THUMB UP 
- ⑧ PALM DOWN 