



BODYFIX METHOD™

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| Menu No.<br>7232  | Client<br>BodyFix Method | Menu Title<br>Foot & Ankle Pain-Flip-Flops               | Date<br>07/18/2015 | Page<br>1 |
| How Often<br>Once a day, preferably in the morning to get the full benefit all day. |                          | Duration<br>Every day for 30 days, then every other day. |                    |           |

**1) Supine Foot Circles & Toe Flexes**

*Hold knee toward shoulders. Keep foot straight.*

Start with 1 X 20 in each direction.

Build up to 1 x 30 each direction.

**2) Supine Calf & Hamstring Stretch**

*Use the Timer and Exercise Strap here.*

1 minute for calf and hamstring per leg

**3) Bent Knee Rocking Horse-Pillow**

*Bring inflatable pillow to the floor*

Build to 3 X 15, slowly.

**4) Hero's Pose with Bench or Pillow**

*Use a meditation bench, pillows or a bolster.*

Hold for 1-5 minutes.

Ribs vertical, easy breathing, with shoulders relaxed.

**5) Standing Ankle Opener-Wall**

*Keep active leg straight.*

1 minute/leg. Repeat.

**6) Seated Shin Stretch**

Hold 1 minute or more per leg.

Comments

Of these six exercises, do three in the morning, and three in the afternoon or evening, just to bring up the work. Do the entire series during the day.

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### 1) Supine Foot Circles & Toe Flexes

*Hold knee toward shoulders. Keep foot straight.*

Start with 1 X 20 in each direction.

Build up to 1 x 30 each direction.



Lie on your back. Extend one leg flat on the floor. Flex the toes of this foot back to you. Bend the other leg toward your chest. Clasp your hands behind the bent knee and circle the foot clockwise as directed.



Now, go counterclockwise for the same number of revolutions. Change legs and repeat the exercise in both directions. Keep the knee still. All of the movement comes from the ankle, not from the knee. Keep the foot of the long leg flexed back to you.



For the Toe Flexes, extend one leg (toes flexed back, again) and pull the other leg back to your chest. Flex the toes of this bent leg back toward the shin, then reverse the direction to point the foot, slowly. Switch legs and repeat. Keep the extended leg flexed back to you.



The first time you do these, a full set of 30 or 40 may not be possible. Do your best; rest between sets. Your shins and calves may feel sore, initially. It will get easier and the soreness will fade. Strength and balance will come.

### Why Am I Doing This?

*This exercise promotes proper function of the lower leg muscles, encouraging stabilization of the hip joint. This restores ankle flexibility and strengthens muscles of the lower leg and*



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*foot.*

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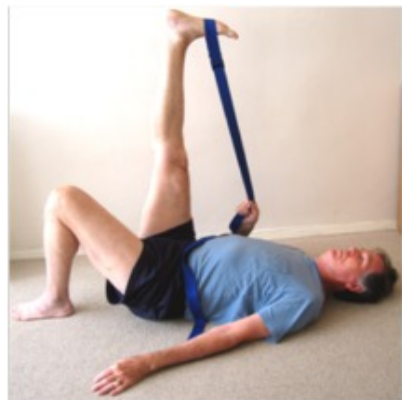
## 2) Supine Calf & Hamstring Stretch

*Use the Timer and Exercise Strap here.*

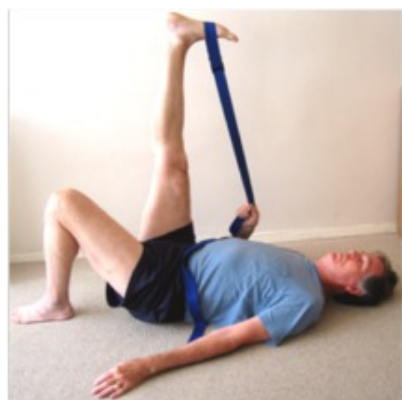
1 minute for calf and hamstring per leg



Lie on your back; start with knees bent, feet flat on the floor about hip-width apart. For the Calf Stretch, raise the strap to encircle the ball of the foot. Hoist the leg to about a 45° angle. Keep the knees and thighs of the straight and bent knee even, making the calf stretch more intense than if you pull the leg straight up.



Flex the toes back. Keep your buttocks and your shoulders on the floor. Hold for the required time. For the Hamstring Stretch, use the strap and encircle the arch of the foot. Tighten your thigh while pulling the toes back with the strap. Keep the leg straight and raise it as close as you can to a 70 to 90 degree angle.



Don't bend the knee to do this; keep the leg straight and bring it as high as you can without compromising the knee or the shoulders. Don't use a lot of force. Relax your shoulders. Hold and repeat on the other side.

### Why Am I Doing This?

*This exercise reintegrates all the muscles from the hip to the foot. It stretches the calf and hamstring while it reacquaints the calf and thigh muscles.*

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### 3) Bent Knee Rocking Horse-Pillow

*Bring inflatable pillow to the floor*

Build to 3 X 15, slowly.



Lie on your back on the floor with your knees bent and your feet on the floor. Place the inflatable pillow between your knees and apply slight pressure into the pillow, just enough to keep it there. This will keep the strong adductor and groin muscles from interfering with the legs and ankles.



Keep your upper body relaxed and begin to roll both feet up onto the balls of your feet and then back down onto the heel of both feet. Don't let your feet wander in or out; keep them on the ball of the foot and the heel.



Repeat this exercise as directed. Each up and down is 1 repetition. Rest and complete additional sets as requested.

#### Why Am I Doing This?

*This exercise promotes bilateral pelvic stabilization in flexion and extension, reminding the leg and foot to work together.*

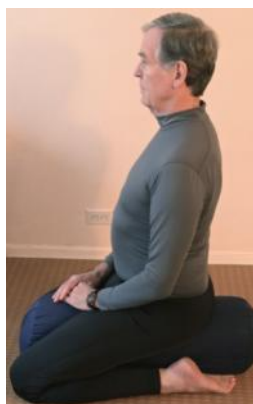
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#### 4) Hero's Pose with Bench or Pillow

*Use a meditation bench, pillows or a bolster.*

Hold for 1-5 minutes.

Ribs vertical, easy breathing, with shoulders relaxed.



Do this on the floor but bring a couple of solid pillows to the floor with you. Kneel down on the floor, feet flexed (on your toes) and grab the pillows, putting them under your buttocks and thighs.



Just sit back and down on the pillows, slowly letting yourself sink into the pillows, going toward your heels. Reach down and pull your kneecaps back to ease the pressure. Take your time. There's no gain with pain.



Hold this for 30-60 seconds, initially. Increase the time each day. You'll notice the difference in hip movement, the flexibility of both knees, and in the toes ability to move and spring as you walk. Don't push anything. Just settle into it, gently. Hold for 60 seconds, then more time each day.

#### Why Am I Doing This?

*This is a great exercise to loosen up the hip and knee. It will also restore flexibility to the arch of the foot and particularly to the toes, themselves.*

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### 5) Standing Ankle Opener-Wall

*Keep active leg straight.*

1 minute/leg. Repeat.



Bare feet are great for this exercise. Stand about 1 foot away from a wall, a desk or a bookcase, feet parallel. Put the sole of your foot, as much of the big toe's metatarsal pad, on a wall, along with the rest of the toes.



Drop your hips toward the floor by bending your opposite knee. Don't bend forward; just sit down. Let your heel rest on the floor. Keep your leg straight, knee unbent. Bring your whole leg forward to the wall, opening up the arch in that foot and working the ankle to a greater flexed back range.



Go as far as you can, comfortably. Hold as directed. Repeat on the other foot. Don't push too hard. The arch and ankle respond well to gentle stretching. Hold this as directed. Repeat once more on each leg.



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This picture is just a reminder that you can wear sneakers, tennis or running shoes and if you have plantar fasciitis, use shoes to begin.

**Why Am I Doing This?**

*This exercise will open the ankle and keep the plantar fascia loose.*





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## 6) Seated Shin Stretch

Hold 1 minute or more per leg.



Sit down in a standard chair, straight ahead or to the side, depending on your hip and inner thigh flexibility. Bend the knee of your right leg and slide the foot to the back of the chair, allowing the foot to rest on the toes and the top of the foot. Keep the hips and torso facing straight ahead; don't turn with the pushed back leg.



Hold this position as directed. Move the foot back, if you can or use your right hand and push the knee back. That will move the shin and foot back. The idea is to get a stretch in the arch of the foot, the lower leg and the ankle. Relax and switch to the other leg, repeating the work on the left side. Repeat the process again if you wish.

## Why Am I Doing This?

*This exercise will stretch the anterior tibialis, at the front of the lower leg, allowing the foot and tibia to rotate and the ankle to flex and extend.*