

## **Exercise Prescription: Seated Toe Outs/Ins**

### **Purpose of Exercise:**

This exercise helps to properly activate the intrinsic pelvic/hip rotators and stabilizers in a seated position.

### **Frequency:**

5-10 reps, 3-5 times per day.

### **Starting Position:**

Sitting on a chair or stool with hips and knees at 90-90 and neutral spine. Knees and feet should be together. You will use diaphragmatic breathing during this exercise.

### **Exercise Description:**

Inhale, fill belly like a balloon, lower ribs out to the side, fill pelvis with air, exhale, kegel lift. On an exhale with a kegel, keeping your ankles together, turn your toes to point outwards. Make sure your feet keep contact with the ground. Your knees should follow the alignment of your toes. Inhale, bring knees and toes back together. On the next exhale with kegel, keep your toes together and separate your heels. Repeat with alternating toe outs/ins.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

### **Picture:**



