

Pete Egoscue

Exercises For Structural Support

To Assess Balance:

- Stand up tall, feet hip width and parallel
- Lift left foot off ground and put against right ankle; find balance
- Close eyes
- Repeat on other side

(the body will usually fall the same way on either foot)

Definitions:

Pelvic Flexion- with the pelvis still, the spine rounds and the head comes closer to the feet.

Torso Flexion- with the spine neutral, the hips bend and the head come closer to the feet.

Exercises:

1.

- Stand up tall with feet facing forward and parallel
- Squeeze butt 10-20 times
- Rotate feet out (like duck) with heels together
- Squeeze butt 10-20 times

2.

- Sit up tall in chair, away from back rest
- Point feet forward and parallel with right angle in knees
- Close fists between thighs
- Squeeze knees together 10-20 times

3.

- Sit up tall in chair, away from back rest, keeping shoulder blades together
- Lift 1 leg and support under thigh with arms
- Rotate ankle clock and counter-clock wise 10-20 times
- Point foot up and down 10-20 times
- Repeat on other side

4.

- Sit up tall in chair, away from back rest, feet facing forward

- Cross right ankle over left knee
 - Try to bring right shin parallel to floor using leg to pull knee down
 - Now lift only the front of the left foot, then only the heel
 - Repeat this 10-20 times
 - Repeat on other side
- 5.
- Stand up tall with feet facing forward and parallel
 - Put hands on lower back and squeeze shoulder blades together
 - Keep spine neutral and flex the torso
 - Hold for 10-20 seconds
- 6.
- Sit up tall in chair, away from back rest
 - Keep knees and ankles together; hips flexed and shoulders relaxed
 - Twist spine and look over shoulder
 - Grab the back of the chair for support
 - Hold this position for 10-20 seconds and maintain normal breathing
 - Repeat on other side
7. Sitting Cat's & Dogs
- Sit up tall in chair, away from back rest and grab seat of chair
 - Point feet forward and parallel with a right angle in knees
 - Flex the pelvis and extend the hips (round spine, lean back and look down); then extend the pelvis and flex the hips (extend spine and look up)
 - Repeat 10-20 times
- 8.
- Stand up tall with feet facing forward and parallel
 - Lift left arm overhead and let elbow bend
 - With right hand, pull left elbow so upper arm faces ceiling
 - Hold for 10-20 seconds, then repeat the other side
- 9.
- Sit up tall in chair, away from back rest
 - Point feet forward and parallel with a right angle in knees
 - Grab seat of chair and relaxed shoulders
 - Pull up with arms and hold for 10-20 seconds
- 10.
- Stand up tall with feet pigeon toed
 - Go up on toes only
 - Repeat this 10-20 times
- 11.
- Curl fingers and place on temples (palms face forward with thumbs down)
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- Pull elbows back, squeezing shoulder blades together
- Pull elbows together in front
- Repeat this 10-20 times

12.

- Stand up tall with feet facing forward and parallel
- Interlock fingers
- Extend arms overhead and hold 10-20 seconds

13.

- Sit up tall in chair, away from back rest
- Point feet forward and parallel with a right angle in knees
- Interlock fingers behind head, squeezing shoulder blades together
- Stand up straight, keeping knees in line with ankles
- Repeat this 10-20 times

14.

- Sit up tall in chair, away from back rest, feet facing forward
- Cross right ankle over left knee
- Try to bring right shin parallel to floor using leg to pull knee down
- Now lift the left foot and hold for 10-20 seconds
- Repeat on other side

15.

- Sit up tall in chair, away from back rest
- Point feet forward and parallel with a right angle in knees
- Interlock fingers behind head, squeezing shoulder blades together
- Stand up straight, keeping knees in line with ankles
- Repeat this 10-20 times

16. Buddy Stretch

- Stand with partner back to back
- Interlock arms
- Have partner bend forward and lift you off floor
- relax spine and hold for 10-20 seconds.