

Pigeon-Toed Deep Knee Bend – Leg Rotation Fixations

To restore hip, leg, knee, ankle and foot flexibility

Stand “pigeon-toed” (toes turned inward and heels apart as far as possible). (Ex. A)

Your back must remain straight and your head upright. (Ex. B)

Slowly bend your knees, keeping your back straight and your head in line above your hips and heels. Go down as far as possible bending only at the knees and keeping your heels on the ground. (Ex. C)

It is important to keep your back straight and not lean forward.
See incorrect posture. (Ex. D)

SLOWLY come back up to the starting position.

Repeat two more times.

Then walk for at least two minutes before sitting.

