

## Low Body Integration Drills

### Standing Mobilization

- Where do you put the weight in your feet
- Understanding your foot: Standing on Pencils
- Weight shifting
- Arches in, Arches Out
- Knee Circles

### Seated in a Chair Mobilization

- Washrag foot
- Toe stretches
- Toe lifts
- Alternating big toe/4 toe lifts
- Tripod the foot
- Seated arch curls w/ band around big toes

### Squat

Calf raises parallel

Calf raises Pilates V

### Half Kneeling- keep the ankles centered

- Plantarflexed- press pinky toes down but heels to midline
- Dorsiflexed

### Prone

- all 10 toes down, inner thighs hug, heels to midline

### Supine- Loading the foot

- Bridging