
Skiing

(Sub Talar Joint)



Why Do This Exercise?

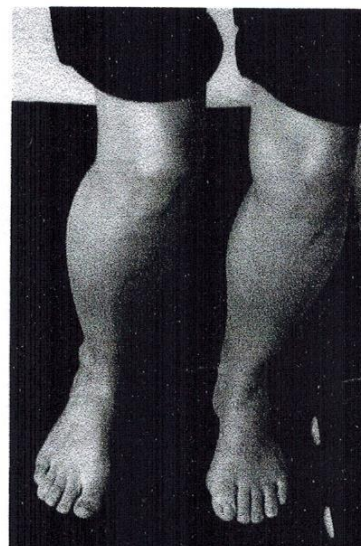
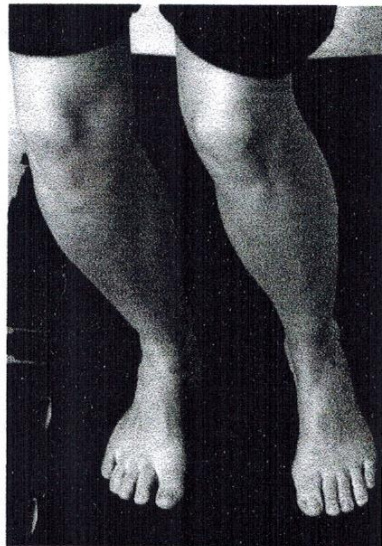
To increase the motion and flexibility in the ankle joint.

How To Do This Exercise?

1. Stand with your feet comfortably apart. Place your hands on your hips so they do not rotate.
2. Bend your knees side to side at a 45° angle, keeping your feet flat on the ground and keeping your hips forward. You need to do this at windscreen wiper speed.

How Often?

..... Times each side 1 2 3 times daily



NOTE: Ensure that there is no twisting at the hips (check yourself in front of a mirror). There may be some popping or cracking noises, this is normal as long as they don't hurt. If it is painful, cease the exercise and advise the practitioner on your next visit.