

Preparatory Exercises

Increasing Mobility of the Lower Limbs: Seated

Starting Position: sitting with your legs outstretched.

Alternate between pointing and flexing the feet. The movement starts from the pelvis. Then rotate the ankles, including the foot and the toes.



Bring the heel to the gluteus. Grasp your foot from the inside and completely extend the leg. Maintain this for a few breaths.

Next grasp your foot from the outside using the opposite hand and externally rotate your torso towards the outstretched leg. Maintain this for a few breaths.

Grasp your foot with the corresponding hand and draw it backwards with the knee bent. Maintain this for a few breaths.



Bring the knee into the chest and then place the foot into the elbow of the opposite arm. Keeping your back straight, try to bring the ankle towards to the chest, while drawing the knee away from your chest.



Carefully place your foot on top of the opposite thigh in the hip crease with the sole of the foot facing up. Place your hand on the bent knee and rotate your torso toward the outstretched leg, making sure to stay in line with the central axis.



Bending from the hips, lay your torso onto the outstretched leg.



Grasp your big toe from the same side as the outstretched leg. Then lift and outwardly rotate your torso, grasping the big toe of the bent knee with your other hand.

Inwardly rotate and bend the torso on to the leg while continuing to keep ahold of your big toes.

Caution: placing your foot on the opposite thigh needs to be executed with great caution, avoid all types of stress on the knee.

Contraindications: pathologies of the lower limb.

Benefits: makes the articulations of the lower limbs and the pelvis mobile and elastic as well as strengthening them.