

# Intro to Restorative Exercise™

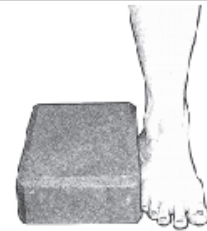
## Gait Essentials

Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

### Start by fixing the feet...

#### Foot Alignment

The position of your foot when walking is VERY important! The muscles in your legs and pelvis don't work correctly unless the feet point straight ahead while walking...like the tires of your car. Use the straight-edge of a mat, a tile or a yoga block (shown) to line up the OUTSIDE edge of the foot.



#### Calf Stretch

A tight calf will alter your gait pattern, all the way up to the neck!

Use a ½ Dome or thick rolled towel. Keeping the foot straight, place the ball of the foot on the top of the dome. Step forward with the opposite foot as far as you can while keeping your body upright and balanced. Your hips should remain aligned over your back ankle.



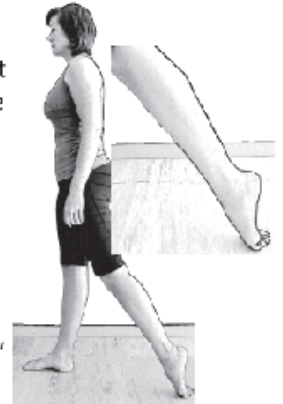
If the calves are very tight, your upper body will really lean forward! Shorten your stride by moving the nonworking foot backward until your torso is upright.



#### Foot Stretch

If you have worn heels throughout your life, participated in sports like running, or tend to thrust your pelvis forward when standing, the muscles in the feet are extremely tight. Stand up and reach one leg back behind you, tucking the toes under as shown.

If the foot cramps, then take a rest, then return to the stretch.



#### Monster Walk - Can be done with or without a band.

Place rubber ring around ankles. Feet straight, about hip-width apart. Keeping tension on the ring. Weight in heels.

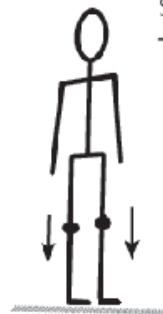
Starting at one end of your mat with hips facing forward, move sideways, one step at a time, always keeping tension on the ring. Take five or six steps side-ways left. Then 5 or 6 side-ways back to R. Repeat 3 times in each direction.



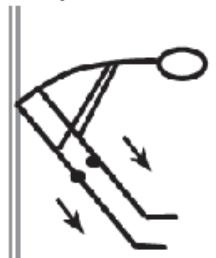
**Knee Cap Release** - The best indication you can straighten your leg (but not lock your knee) which lets you know you are using your hip.

Start with straight legs - no bent knees!

Try to lift and lower your knee caps.



Remember: Your knee caps can't relax if your knees are bent. Find a wall to lean against if you are having difficulty.



**Double Calf Stretch**  
Do you sit all day? Wear heels? Tuck your pelvis under because it is the "proper" way to stand? However your pelvis has become tucked, the double calf stretch is a great way to see if your pelvis can even move! Place your hands on the seat of a kitchen/desk chair. Line up the outside edges of your feet and straighten your legs all the way. Your weight should be back in your heels and all your toes liftable. See if you can lift your tailbone up to the ceiling without bending your knees!



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