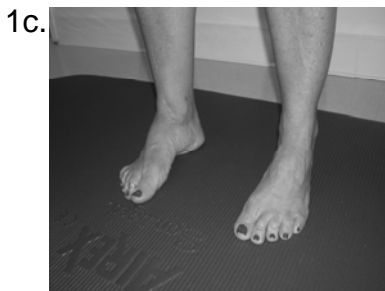
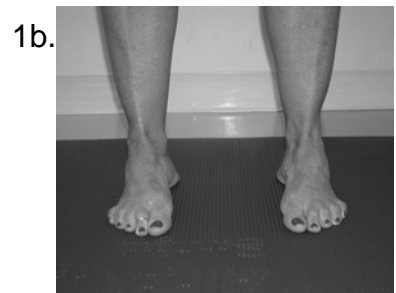
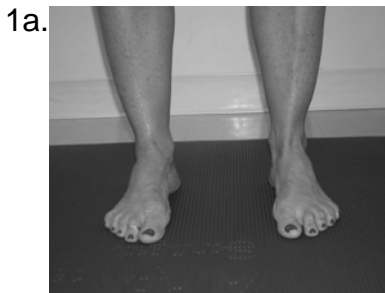


1st Ray Standing

- 1a. Start by standing with feet parallel and heels directly under hip sockets. Slowly roll to the outside border of your foot till the inside border is lifted. Then with controlled motion, slowly let it roll back to starting position.
- 1b. Repeat 1a. above, with the base of your foot touching the floor instead of rolling it completely out.
- 1c. Repeat 1b. While you lift the arch of your foot, slowly rotate your hips and thighs to the outside, so your knee caps are facing outward.

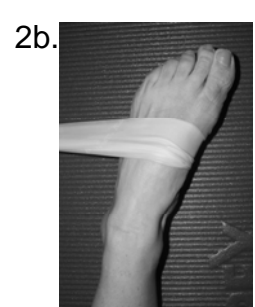


Theraband Inversion

- 2a. Start by tying the theraband around a firmly fixed object. Now wrap it around the inside of your foot right above the base of your big toe. Relax your foot pointing down towards the floor, with the heel on the ground.
- 2b. Start moving your foot towards the midline of the body, pivoting at the heel. Try to isolate the moment at your ankle. Do not allow the lower leg to rotate inward.

Theraband Eversion

- 3a. Start by tying the theraband around a firmly fixed object. Now wrap it around the outside of your foot right below the base of your smallest toe. Relax your foot pointing down towards the floor, with the heel on the ground.
 - 3b. Start moving your foot away from the midline of the body, pivoting at the heel. Try to isolate the moment at your ankle. Do not allow the lower leg to rotate outward.
- Repeat _____ times.



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