

Toe Taps

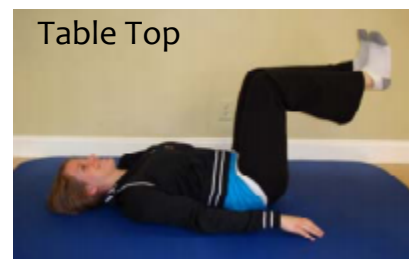
Lie on your back, knees bent, feet on the floor hip width apart. Place two fingers just inside of hip bones on the front of your pelvis to feel the abdominal muscles engage as you go through the exercise. Inhale to prepare; exhale and pull belly button towards your spine, tightening your abdominals and knitting your ribs down. Keeping the spine and pelvis completely stable, lift one leg off of the floor then slowly lower. Alternate legs.



If the above position causes instability or pain, place your feet on a wall instead of the floor with knees and hips at about 110 degree angle.

Progressions (As directed by your Physical Therapist):

1. To progress from feet starting on the floor, next, start with your feet in the air (table top position.) Keep navel and ribs down as you tap one foot to the floor. Come back to table top position then lower other foot. Alternate lowering legs.



2. Add arms: First, reach arms to the sky. Then, as the right leg lowers to tap the floor the right arm follows. Repeat alternating with the other arm and leg.
3. Similar to #2 but as the right foot taps the floor the right arm moves away from the leg, towards your head. This is also called “Dying Bug”. Remember, keep your ribs and navel down!