Healing Legs & Feet Practices & Principles

Tadākamudra

For Knees & Ankles

For Knees & Ankles

For Innen/outen hip strength

For knees, hips & lower back stability

For Knee ROM - tracking of knees

OA: Osteoarthritis

"Motion is lotion" - Virāṇa Vayu

- Circulation

Dvipādāpiṭham

Hard Block or 2 soft blocks (weight)

Square bolster on EX & Press into feet

Square bolster on EX

For core stability of mind & body

For inner thighs "mula" line

Root/Apēna

For Knees/hips/lower back strength

Focus on legs/feet/knees

Push into feet

Hip

Knee

Hip

Knee

Opposite Feet

For Knee Mobility & Strength

For Mobility

Root

Strength
Tadasana

* Inner thigh/pelvic stability
* Ankle SP
* Belt on ankle

To strengthen Legs, Hips and Lower Back

Parsva Uttanasana

At waist

Bent knee

Chair or Block

Uttanasana

Dynamic stay
**Ardha Utkatasana**

Forward Bend

Back Arch

OR

**Natarajasana**

Arms up

Inne leg Line / Mula (Root Line)

= Stability ~ legs, hips & lower back

Legs, Hips, Core & Lower Back Strength

Reduces Lordosis ~ Sway Back

Press away

chair or well

For Balance

Legs/feet/ankle

Strength

For Hips/Psoas/

Hip Flexors
Bhagirathāsana/Vṛksāsana - Tree Pose

Virabhadraśana Variations for Balancing

"½ Moon"
Virabhadrasana Leg Stretches

- Block at knee at well
- Back foot parallel to front
- Stretch calf
- Gastrocnemius
- Big calf muscle
- Soleus
- Small/deep calf muscle
- Hamstring stretch

Prasarita Pada Uttanasana

- To stretch legs ~ neutral spine needed to get into legs
- or Ardha (½) at well or with chair

IN: Extend
EX: Bend knees legs/back
Extend back to stretch legs

Adhomukha Svanasana

- Stretch legs/calves
- Engage Breath
- Bend knees
- Peddle feet
- Use chair blocks under hands
Urdhva Prasrta Padāsana

Point feet

Flex feet

Try to make circles with feet

Flex feet

Point feet

At Wall

Flex feet

Supta Pādāṅgusthāsana Variations with a Belt or Classical w/o belt

Leg / Ankle / Foot Stretches

Stay

Belt

Move

Stay

Bolska

Eka Pāda

Belt

OR

OR

Chair + Belt

Belt on ball of foot