



Toe Touch Corrective Exercises

Cat Cow



Arch you back up and down as much as you can comfortably. Perform 3x15

Hamstring Stretch



Start with a comfortable stretch. Move slightly closer each round. 3 rounds of 30 sec ea.

Straight Leg Raise



Place one leg in a strong but comfortable stretch. Lift the other leg up and down. 2x15 each

Reverse Toe Touch



Squat down to grab your toes. Hold on and stand to straighten your legs. 2x10, 5 sec hold each.

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Single Leg Stance Corrective Exercises

Single Leg Balance



Hold for 30-60 sec.
Can increase challenge
by adding head turns
or with eyes closed.
Stand by wall/counter
as needed for safety.
Perform 3x on each leg

Star Taps



Keep weight on stance leg, reach other leg &
lightly touch floor & return to start. 3x15 taps ea

Reverse Tap to SLS



Maintain balance on stance leg, reach back to tap
the floor and return to single leg balance. 3x10 ea

Airplanes



Maintain a straight line from ankle to shoulder
and keep hips square to floor. 3x10 ea

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Single Leg Bridge Corrective Exercises

SL Glute Bridge



Keep one knee held close to your chest.
Bridge up and then relax 2x10 each

Side Bridge



Knees should be in line with hips and shoulders.
Perform 3x10 with 3 sec hold for each.

Bridge with March



Focus on maintaining height of bridge and level pelvis. Perform 3x20 marches

Lateral Heel Tap



Hinging at hip and knee, lower and lightly touch the floor and return to start. 3x15 each

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