

KNEES UNDER ELBOW I

1. Test 1 Sit on heels. Gently, slightly, only as much as comfortable, slip buttocks down between feet which point out.

Test 2 Original Position (O.P.) Sit up - soles on floor - knees bent - take hold of big toe of organized leg with same-side hooked index finger. Lean back on opposite hand behind you.

- a) Lift **O** leg in air - straighten as much as possible, then rebend and lower it, several times (ST). Breathe!
- b) As leg is extended in air, try to kiss opposite knee. What's happening in low back?
- c) Repeat A with opposite leg outstretched on floor.
- d) Now as leg is extended in the air, try to kiss opposite knee. What's happening in low back?

Be sure and straighten **O** leg only as much as comfortable. Do you sit upright or bend forward to do it?

2. Sit up. O.P. Less-organized leg bent, sole on floor, same-side hand behind head. Other hand hooked index finger holding same-side toe, raise and lower that foot ST. Gradually each time straighten leg a little more only as much as comfortable. How can you help with the rest of your body? Round or arch back? Lean forward or back? Inhale or exhale?
3. Sit up and take toe in same-side index finger, other leg outstretched, and support with other hand on floor. Lift leg up and down. Move your leg from R to L and back. Stabilize the rest of the body with the outstretched leg: don't swivel the whole body. Move from the hip of the extended leg.
4. Lie on back. Take same toe in same-side hand. Put opposite hand behind head. Lift leg and head together. Continue. Try to straighten your leg as much as comfortable.
5. Continue that lifting and straightening as you slowly come to lie on your **O**-leg side, slowly but surely, back and forth, until you lie on your **O**-leg side. Notice you can straighten your **O** leg now along the floor. (Lying on your **O**-leg side inhibits the extensor muscles and allows the flexors full range. Also, now that you are able to do it on your side, you are programming your nervous system to allow you to accept the possibility of doing it in other positions.)
6.
 - a) Now roll onto your back and straighten your **O** leg - sole and nose to ceiling in neutral - by taking it further to the outside while you lift your head and move it the opposite way. Move back and forth between the two.
 - b) Now roll again from back to **O**-leg side and back. Avoid working abdominal flexors.

7. Now roll onto your opposite side and straighten your **O** leg. Note how close it must come up on the floor towards your head. **** head down**
8. Now roll your pelvis towards the center (as if you are going to roll onto your back) and back. Back and forth. And slowly, bending your **O** leg, come to roll over onto your **O**-leg side. And straighten your leg on the **O**-leg side.
9. Back and forth, straightening your leg as you come to lie on each side, and bending it in the middle.

REST on back. Retest. Straighten **O** leg. Easier?

10. Sit with soles of the feet together - knees relaxed toward the floor. Take your **O** toe in your same-side hooked index finger and support with other hand on floor. Raise your leg, and pass your knee back and forth under your elbow so that your elbow is now outside your knee, now inside.
11. Continue movement around behind you: Begin to extend the range of the movement so that you begin to place the foot on the floor beside you to the outside, near your hips, - the inside of the foot flat on the floor, with your knee on the floor in front of you, and your elbow outside your knee - and then back, passing your knee under your elbow again, soles touching again. Continue back and forth.
12. Continue the movement around in front of you. Extend the movement so that when you bring your foot to the middle, you take it farther around placing it on the floor [to the outside of the opposite thigh.] Continue moving between these two distal points. Touch foot once to one side of hip then once to other.
13. Move your head in the direction of the twisting movement; how far can you see around you in both directions? Eyes go farther around than feet!
14. Now continue, moving your eyes in the direction opposite to your head, head with foot. Now with head again.
15. Go back to doing #12, but more gracefully and with fuller range, so that you are spinning around on your butt in 180°. You no longer need the support of your other hand on the floor, so use it to help spin you around behind you.
16. O.P. Now hold your **O** foot with your whole hand, fingers and thumb in the same direction, a) first from the outside, and b) then from the inside, and pass your knee back and forth under your elbow.
17. Finally, take your foot with your opposite hand and pass your knee back and forth under your elbow.

REST

18. Now sit with soles together. Take your big toe in your index finger, lift your foot and move it to the opposite side to place it on the floor outside your opposite thigh, and then to the **O**-leg side so that you lay the inside of your thigh, calf and foot on the floor with both knees pointing to the less-O side. Back and forth. Move your hand back farther away from you to lean on and notice you can move your foot closer to your hand. What stops you from coming even closer to your hand?

Stand. Shift Weight. Walk. What's different R to L?

REST

TRANSFER

P.L.

19. Lie on your back, take hold of both big toes with your forefingers.
20. Move your **O**-leg knee inside and outside your same-side elbow ST.
21. Do it with your opposite knee and opposite elbow ST.
22. Do it with both knees and elbows together, so that both elbows are inside the knees, and then outside the knees. Notice that this is actually easier than doing it on one side only because you can pull your pelvis up off the floor so much easier. Thus, to do #20 and# 21 and easily demands that you lift your hips off the floor as high as necessary.
[in this position, roll up]
23. Sit up, take both big toes in your forefingers, move your knees inside and outside of your elbows. Notice that you have to allow your pelvis to roll back off of your ischiums and onto your sacrum to allow this.
24. Holding both toes, move your R knee inside and outside your R elbow.
25. Do it with your L knee and L elbow.

REST

26. Lie on side with **O** leg up.
- a. Take ceiling-side big toe with same-side index finger, move knee inside and outside of elbow with your hand. Allow arch/extend, then flex/round in your back and neck.

b. Initiate same movement from your back.

27. Sit up. O.P. Take toe with forefinger. Lift leg, take it to the L&R, knee under elbow. Now, with both knees to outside, with your thumb and forefinger, take hold of the base of the little toe plus the metatarsal, that first hinge approximately $\frac{1}{2}$ inch down into the ball of your foot, and slowly separate the little toe from the rest of the foot, bending it down in the direction of the sole. Make sure your foot is flexed (toes up toward knee) not extended (since the extension is not a new pattern). Hold firmly at base of toe. Your fingerbones and toebone become as one. Hinge backward. Then do this with your fourth toe, then with your middle toe, index toe, big toe, then with all toes.
28. Next, keeping your foot flexed, starting with the little toe on the same foot, and gradually working on each subsequent toe until you are doing the whole foot, separate the toe sideways (in an upward direction towards the ceiling) from the other toes; by the end you should be lifting the entire foot from the floor. These two movements - #27, 28 - help to release the adductors and the abductors.
29. Again, move your R foot from side to side, knee under elbow, and notice how much easier the movement is now. Lie on your back and feel and compare your two feet. Come to standing and shift your weight. Compare. Now take a few slow steps and compare.

REST. TRANSFER

30. Sit. O.P. Now take **O** toe with the opposite index finger, lift foot and pass your **O** knee under your opposite elbow, back and forth.
31. Lie on your side, **O** toe up toward ceiling. Take your big toe with your opposite index finger and move your knee back and forth under your elbow. Straighten leg as much as possible.
32. Lie on other side. Do it with other hand and foot.
33. Sit with feet on the floor in front of you. Take hold of the outside of your L foot with your L hand and R foot in R hand. Pass your left knee under your elbow so the foot is on the side and back, so knee is outside. Continue.
34. Now move both knees (under your L elbow) to the L and back.
35. Now both knees under R elbow to R and back.
36. Alternate

P.L.

RETEST #1 & #2