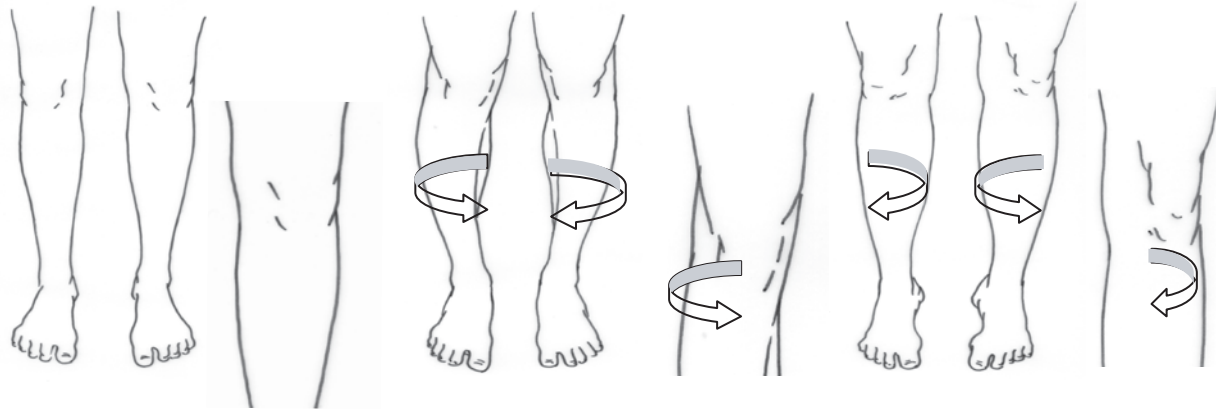


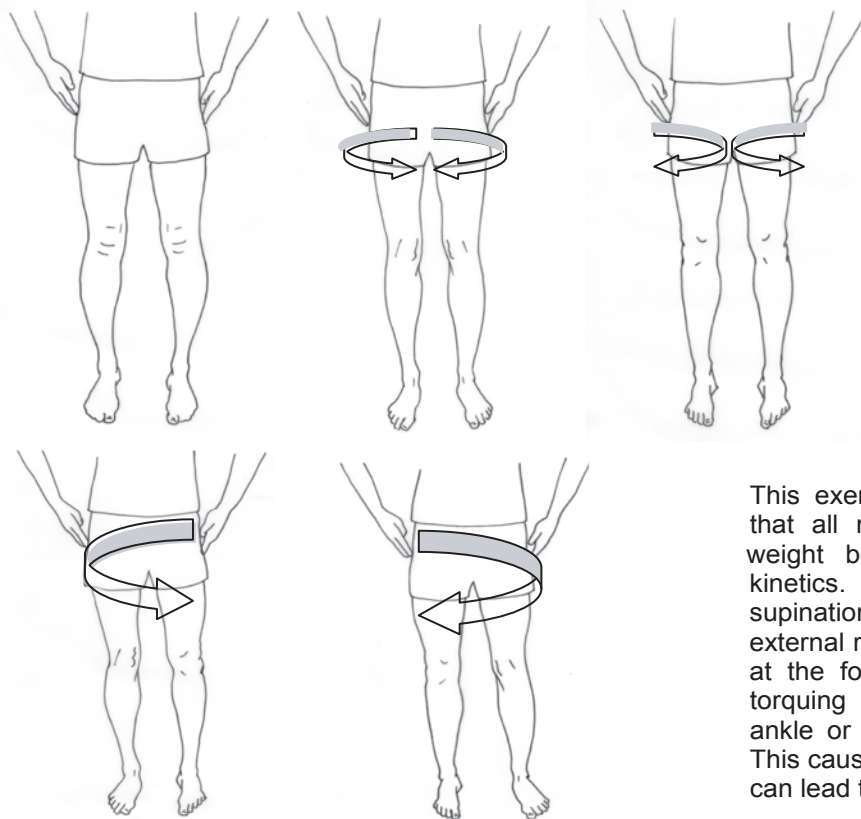


# Skeletal Alignment Exercise

### Knee



Repeat the pronation and supination exercise as above with awareness of the movement at the knees. Does the movement take the knees up and down or in and out during its excursion? Once you understand that the movement of the knees with this action is inward and outward rotation, repeat the mid range program as in the foot and ankle program, first with the legs mirroring each other then in opposition of each other. This exercise should be repeated in all functional positions, same as with the foot. See figures above.



### Hip

Place your hands on both greater trochanters (the bump of bone on the outside of your hip) to assess the movement available at the hip joints. Once you are able to feel the movement at the hips, repeat the exercises as outlined for the foot and knee, first with the legs mirroring each other (see figures to left) then in opposition of each other (see figures below).

This exercise should help you understand that all movement follows the foot when weight bearing, known as closed chain kinetics. For example, in closed chain supination, the knee and hip are pulled into external rotation. So by forcing your turnout at the foot farther than the hips allow, a torquing motion is produced in the knee, ankle or foot to gain these extra degrees. This causes stress to the joint structures and can lead to overuse injuries.