



Struggling with Feet Turning Out in

BRIDGES?

Learn Some of the Causes & Find Solutions

POSSIBLE CAUSE

#1

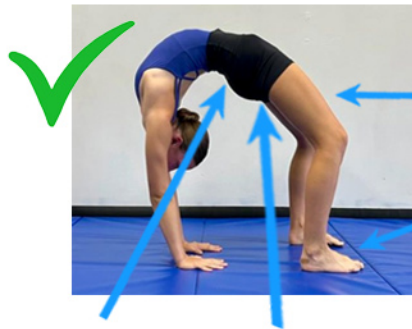
Tight Quads/Hip Flexors



TIGHT QUADS/HIP FLEXORS



PELVIS DROPPED



PELVIS LIFTED

GOOD HIP FLEXOR FLEXIBILITY

QUADS LENGTHENED

FEET STRAIGHT

SOLUTIONS: Do 3 Hip Flexor/Quad stretches 4x's week, rotate which exercises you use each time for better results.



POSSIBLE CAUSE

#2

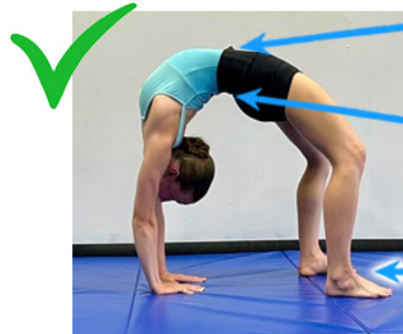
Overusing the Lower Lumbar or Weak Core

These two issues often go hand in hand.



CRUNCHING IN LOWER BACK

WEAK CORE

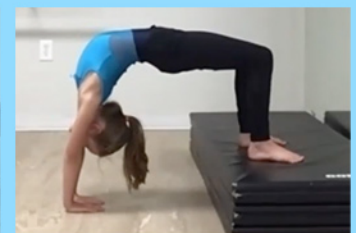


STRONG SUPPORTING CORE

SPACE AT LOWER LUMBAR

FEET STRAIGHT

SOLUTIONS: Do 6 Core exercises 5x's per week for 1 minute each exercise Practice bridge with feet on a mat to neutralize lower back



POSSIBLE CAUSE

#3

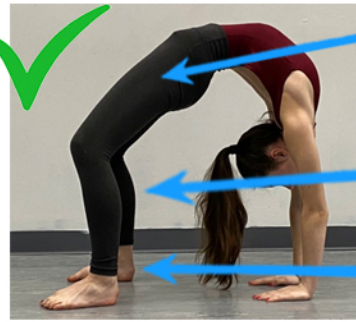
Tight Outer Hip Muscles.

(gluteus medius, piriformis, hip external rotator muscles)



TIGHT OUTER HIP MUSCLES

TIGHT OUTSIDE CALVES



RELAXED OPEN OUTER HIP MUSCLES

EVEN CALVES

FEET ABLE TO STAY IN ALIGNMENT

SOLUTIONS:

Work on stretching the glute muscles



Use cross stretching for outside of the calf & outer hip muscles

POSSIBLE CAUSE

#4

Lack of Body Awareness/Remembering



SOLUTIONS: Body Awareness/Strengthening Series

Lay on Side, sit chest up, lift working leg slightly above hip. Perform each step quickly 10's. Do the whole series without stopping before switching to other leg.

Tempo Foot Slightly Up & Down
10x's for each of these positions:



FLEXED PARALLEL • FLEXED SLIGHT TURN OUT • FLEXED FULL TURN OUT • FLEXED MINI CIRCLES • POINTED PARALLEL • POINTED SLIGHT TURN OUT • POINTED FULL TURN OUT • POINTED MINI CIRCLES

Do Bridges with a block between feet as a reminder to stay straight

