FREE GUIDE FROM THANKSTOLAEL

The foot is where the chain starts

And it is the part nobody trains. 26 bones. 33 joints. A shoe takes almost all of them out of the conversation. Then the ankle above it gets stiff, and the knee above that starts turning for both of them.

> I had three knee surgeries before anyone said the word rotation. Every one of them aimed at the place that hurt. These are the five I would start with, from the toes up to the hip.

01 **Open the toes**

02 **Teach the foot to roll out**

03 **90/90, one leg at a time**

04 **Fire hydrant. Train the rotation**

05 **Hip flexor stretch on a bench**

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com

READ THIS FIRST

When this guide is not for you

Stop and see a clinician where you live if

The pain is sharp inside the joint and does not ease

There is swelling, numbness, or a joint that gives way

Check with a clinician first if

The injury is new, or the pain is getting worse

A clinician told you not to load it

Every drill that opens a range is followed by one that loads it. That is the whole method. A range you open and do not use is closed again by tonight.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com



01 / 05

Open the toes

A toe that never separates never grips. And a foot that cannot grip the floor gives your calf nothing to push against. A shoe takes almost all of the foot out of the conversation.

01 Sit down with the foot on a block

02 Slide one finger into each gap between the toes

03 Hold the ankle still with the other hand

04 Now spread the toes apart

FORTY FIVE SECONDS EACH FOOT

The floor is information. Let your feet read it.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com



02 / 05

Teach the foot to roll out

Your arch is not a shape. It is a spring, and a spring has to be able to flatten. Rolling in is half of what a foot does. Rolling out is the other half. Every step uses both, in that order.

01 Stand with one foot on a soft pad

02 With your hand, roll the inner edge of the foot upward until you feel the outside of the ankle. Hold two seconds

03 Then press the big toe down into the pad and let it go

FIFTEEN EACH FOOT. EVERY DAY

The hand does what the foot forgot how to do, and the big toe press teaches it to do the same thing on its own.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com



03 / 05

90/90, one leg at a time

Your hip does not only bend. It rotates inside the socket. When that rotation is missing, the twist has to come from somewhere, and the next joint down is the knee.

01 Sit on the floor, knees bent, feet flat and wide apart. Chest open and tall

02 Drop both knees to the right. One shin in front of you, one out to the side, ninety degrees at each knee. Bring them back to the middle

03 Turn your upper body toward the opposite side. That opens the hip joint more

04 Some reps with your hands helping, some without. You need both

TEN TO THE RIGHT, HOLD THE LAST FOR THIRTY SECONDS, THEN THE LEFT. EVERY OTHER DAY

Passive range gets you into the shape. Active range keeps you there.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com



04 / 05

Fire hydrant. Train the rotation

Your hip turns in and out, not only forward and back. Every step, every cut, every landing asks for that rotation. If the hip cannot give it, the closest joint that can fake it is the knee.

01 A foam roller against a wall or a post. The leg you stand on is the axis. It does not move

02 The roller sits against the inside of the working knee. Keep that knee slightly bent and in full contact

03 Lift the back leg slightly, like the start of a deadlift. Both hands on your pelvis

04 Move from the knee of the working leg. Slowly. Squeeze the glute at the end

THREE SETS OF TEN. EVERY OTHER DAY

If the whole body swings, you are not rotating.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com



05 / 05

Hip flexor stretch on a bench

The muscle at the front of your thigh crosses two joints, the hip and the knee. When it stays short, it pulls the pelvis forward, and it pulls on the front of the knee.

01 Kneel in front of a bench or a wall. Back foot up on it, front foot planted. A yoga block in the crease of the back knee

02 First, shift your seat back

03 Then tuck the pelvis under

04 Only then squeeze the glute of the back leg, and drive the hips forward

ONE MINUTE EACH LEG. EVERY DAY

If you feel it in your lower back, the pelvis tipped forward. Tuck again, and back off a little.

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com

THAT IS THE START

Open the range first. Only then strengthen it

The lessons that come after this guide live in my free community.
thankstolael.com

You're welcome

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
thankstolael.com