

Routines to Correct Inward Rotation of the Hips, Legs and Feet

If our feet are rotated inward the Butterfly pose helps correct this by rotating the legs outward by loosening the inner thighs. So this pose can become a key feature in yoga routines that help this condition.

When your legs are rotated inward, the inner thigh becomes a little atrophied. It becomes shortened. The Butterfly pose stretches it, encouraging it to lengthen. This loosens your inner thigh and helps bring the leg back into alignment.

Also, since muscles work in pairs or groups, the outer hips need to be able to do the opposite. They need to contract more, learning to work harder to pull the hip more 'open'.

These routines will address both loosening your inner thighs and strengthening the outer hip. You can do them separately, as short routines that you rotate day by day. Or you can do them all together. Together they will take about 30 minutes.

In order for the routine(s) to work, you need to do them for at least 15 minutes, at least 4 times a week. It takes 6 – 8 weeks to start seeing substantial changes in muscles. But you might start noticing a difference in a week or two.

I suggest we get you used to one routine at a time before learning the next one(s). Before you begin I need you to go to read up on two *Breathing Themes*. *Breathing Theme 10* and *Breathing Theme 1*. To find them, be on my website and:

Look to the menu on the right side of the page.

Click on 'Breathing Themes'

That will take you to the main page of *Breathing Themes*. Scroll down the big list and find:

[Breathing Theme 1 - Your Relaxation Response](#)

[Breathing Theme 10 - Moving with the Breath](#)

See if you understand the idea behind these *Breathing Themes* and how to use them in your poses. Practice them on some stretches that you already know as see if you get the idea for how to use them.

It's also a good idea if you click on the 'Warnings and Caveats' on the menu on the right hand side of any page. Read them and let me know if there are any that apply to you.

Finally – do nothing to the point of pain. Over doing it, doing it 'til it hurts', 'no pain no gain' will work against you and make your progress slower. If something hurts, you've either gone too far, held the pose too long, or there's a problem with your alignment that we'll have to correct. And be sure your doctor says it's OK for you to be doing these exercises.

Routines to Correct Pronation Day 1

1. Simple Side Bend

Stretches the outer hip

Do three times to each side, alternating sides.

Hold for 4 – 6 breaths each time, feeling your body letting go and stretching more and more every time you breathe out. If 4 – 6 breaths is too long, hold it until you realize you can stretch no further. Then slowly come up as you breathe in.

If you feel you can hold it longer or go more deeply into the stretch, then continue to hold it until you've reach the limit of your stretch.



2. Standing Wide Angle with Twist

For inner thigh flexibility and outer hip flexibility and strength

Throughout this pose, make sure your feet are flat, correctly placed on the mat, not pronated.

a. Begin by doing **Standing Wide Angle**, as shown here.

If you can't reach the floor, bend your knees if you need to, but only as much as you need to in order to have some part of your hands on the floor. Settle into place.

Hold the pose for 2 -3 breaths, using *Breathing Theme 1*.

Notice your upper body sinking down, letting go and your lower back stretching as you breathe out.



b. **Now do Standing Wide Angle with Twist**

Place your **Right** hand on the floor, raise your **Left** hand up behind you. Finish fully breathing in, twisting more and more as you breathe in. You can push against the floor to increase the twist. Reach with your top arm as long as you're twisting.

If you are bending your knees, make sure they are bent the same amount. We don't want you bending your knees any additional amount in order to do the twist.

Hold the position for 2 – 3 breaths, encouraging your body to twist more and more every time you breathe in.



Return to the front, into **Standing Wide Angle**

Hold the pose for 2 -3 breaths, using *Breathing Theme 1*

Now twist to the other side.

Hold the position for 2 – 3 breaths, encouraging your body to twist more and more every time you breathe in.



Repeat, back and forth, until you've twisted three times to each side. To release the entire pose, bend your knees, come up like a rag doll.

Routines to Correct Pronation Day 2

1. Butterfly

To loosen inner thighs.

Use ***Breathing Theme 10***.

- Do 5 – 10 repetitions, moving into and out of the pose as you breathe in and out. Try to time it so that you are fully stretched by the time you finish a normal breath out.
- Stretch out your legs. Feel them relaxing and letting go.
- Then go back into the Butterfly and do 5 – 10 more repetitions using Breathing Theme 10.
- Stretch out your legs. Feel them relax.
- Then do one more set of the Butterfly.



2. Twist

To strengthen the outer hip

Use ***Breathing Theme 1***

Hold for 6 or more breaths, feel yourself twisting more and more every time you breathe out. If you reach the limit of your ability to twist before the 6 breaths are up, then stay at your limit while you finish holding the pose.



Release by returning to the front.

Twist to the other side.

Hold for 6 or more breaths using *Breathing Theme 1*.

Repeat, alternating sides until you have done the Twist 3 times on each side.

Routines to Correct Pronation Day 3

1. 'Thigh Master' alternating with Reclining Butterfly

Loosens the inner thigh

Reclining Butterfly is like the Butterfly pose, only you're lying down. It's a very passive pose, where you allow gravity to do the work of opening up your legs as you lie there.



Hold the pose for at least 6 breaths using *Breathing Theme 1*. Then go into one repetition of the 'Thigh Master'.

'Thigh Master' pose is a fun name for this inner thigh work out. Keeping your feet together (as they were in the Reclining Butterfly) you draw your knees upward, seeing if they will come together at the 'top'. You do this while breathing in. Pause. Then, breathing out, you open up your legs again and go back into the Reclining Butterfly.



Repeat until you've done each pose three times.

When you're completely done, release the exercise by stretching out your legs, resting them straight on the floor. Press your heels out away from your hips and then let your legs relax.

2. Side to Sides

Strengthens the outer hip.

Use *Breathing Theme 1*

Hold for 6 or more breaths, feel yourself twisting more, your knees sinking down more and more every time you breathe out. If you reach the limit of your ability to twist before the 6 breaths are up, then stay at your limit while you finish holding the pose.



3. Knee Stretches

Loosens the outer hip and inner thigh while strengthening and loosening the knees.

Use *Breathing Theme 10*

Have your legs about mat-width apart. As you bring one knee in and down, the foot can rotate so the ankle is on the mat.

Do 5 – 10 repetitions, alternating knees with each breath, breathing out as you bring one knee down, breathing in as you bring it up. Try to time it so that you are fully stretched by the time you finish a normal breath out.

