

Ski Jump Exercises



Standing upright (picture A) with feet shoulder width apart and next to a wall or railing to have balance, slowly lean whole body forward (picture B). During this exercise, you will feel the bottom feet muscles activate to control arch height as you lean. It is important to not grip the toes during this exercise and only lean to a comfortable distance to where you do not fall or lift the heels from the ground. Perform 5-10 leans or whatever your doctor recommends.

make sure to hold onto the wall or other object for support so you do not fall



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174