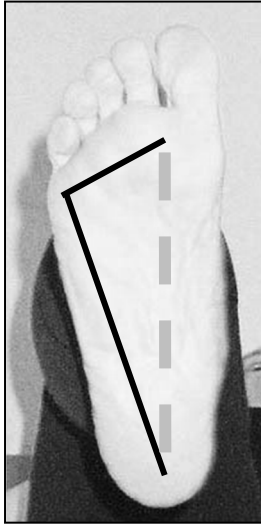


Postural Correction Made Simple

FOOT TRIANGLE OF SUPPORT



Stand with feet about hip distance apart...with feet pointing straight ahead.

Make sure you have a chair, countertop or something to hold in case you start to lose your balance.

Without your feet leaving the floor:

- ✚ Shift your weight back onto your heels and then
- ✚ Keeping weight on your heels, shift some weight onto the outer borders of both feet. Then...
- ✚ Shift some weight onto the balls of your feet.
- ✚ You are now standing on the bones of your feet—heels, outer borders and balls of feet and you might notice a little more arch on the inside of your feet.
- ✚ No weight on your toes or arches of your feet.

- ❖ Imagine that the floor has suddenly turned into a slab of wet concrete or that you are standing on a beach with soft, warm sand under your feet.
- ❖ Take a breath in and, on the breath out, press your feet into the floor as if you could make a mold of your feet that looks just like the Triangle of Support—heels, outer borders and balls of feet.
- ❖ Place one hand on the Fontanelle near the back of the top of your head—the area of the soft spot when you were a baby...allow your hand to be as light as a feather.
- ❖ Take a breath in and then, on the breath out, press your feet into the floor and, at the same time press your head into your hand as if it were a feather and you want to push the feather off your head.
- ❖ See if you can feel the lengthening of your body as you do these two movements. You can do this nearly anywhere at anytime and, if you feel conspicuous when placing your hand on top of your head, just *pretend* your hand is on top of your head.
- ❖ Hold as long as you like and breathe evenly in and out as you hold.

Original Exercise of The Meeks Method®
Sara M Meeks PT MS GCS KYT
Honor your source.