



Inversion & Eversion

The Inversion & Eversion exercise allows you to gain control of your hip rotators and hip flexors. Inversion & Eversion involves lying on the back with the legs stretched straight, alternately inverting and everting each foot, and sliding each foot as far up toward the body as possible. This exercise helps to relieve pain, improve range of motion and control, and correct misalignment in the hips, knees, and ankles.

EXERCISE DESCRIPTION

Starting Position: Lie down on your back, on your carpet or exercise mat. If you're on a sticky exercise mat, you'll want to move down so that your legs are completely off the mat and are free to slide around on the floor. You may want to wear socks for this movement. Extend your legs straight down, and bring your arms out to the sides like the letter T.

Inversion movement: Start by inverting your right foot. Then, release and let your right foot come back to neutral. Repeat this one more time.

Then invert your foot again, and this time let your right knee bend and relax out to the side as you slide your foot up a little bit. Then, relax and let your foot slide back down. Keep doing this movement, letting your foot slide up a little farther each time.

When you're sliding your foot up as far as it will go, you can start letting your foot come off the floor. Let your weight gently roll onto your right hip, and let your left hip come off the floor. Let your head roll to the left, and feel your left shoulder lifting off the floor. Repeat this full movement several times. This should feel like a very relaxing movement, like you're just rolling around in bed.

When you're done, let your foot slide down, and relax. Repeat this sequence with your left leg.

Eversion movement: Start by everting your right foot. Then relax, and let your foot come back to neutral. Repeat this one more time, and notice that your right knee bends and rolls inward as you evert your foot.

Evert your foot again, and this time let your right knee bend and cross over your left leg. Then, relax and let your foot slide back down. Keep doing this movement, letting

your foot slide up a little farther each time, and letting your knee cross fully over your left leg. As your foot slides up farther, you'll notice that your weight rolls onto your left hip, and your right hip will start to lift off the floor.

When you're sliding your foot up as far as it will go on the floor, you can start letting your foot come off the floor. Now your weight will fully roll onto your left hip, and your right hip will lift off the floor. Let your head roll to the right, and feel your right shoulder lifting off the floor. Repeat this full movement several times. This should feel like a very relaxing movement, like you're just rolling around in bed.

When you're done, let your foot slide down, and relax. Repeat this sequence with your left leg.

Going back and forth: With your right leg, go back and forth from inversion to eversion several times, doing the full movement. Remember to completely relax and let this feel like you're just rolling around in bed. When you're done, let your foot slide down, and relax. Repeat with your left leg.

ANATOMY OF INVERSION & EVERSION

See "Anatomy of Internal & External Hip Rotator Releases," CEI Level 1, Section 6.

In addition to the hip rotators, Inversion & Eversion uses the *rectus femoris* to help flex the hip. Many of the hip rotators also work to flex the hip.

CONDITIONS HELPED BY INVERSION & EVERSION

Inversion & Eversion helps to alleviate the following conditions by allowing the student to gain control of the internal and external hip rotators and hip flexors:

Tightness and pain in the hips, knees, and ankles
Internal and external rotation of the hips
Misalignment of the legs: knock-knees, bowlegs, out-toeing
Bunions

HOW TO TEACH INVERSION & EVERSION

Get the student in their starting position. The student should begin by lying on their back with their legs stretched down straight on the floor. If they are using an exercise mat, they should slide down so that their legs are off the mat. Suggest to your student that they may want to put on socks for this movement so that their feet can slide easily on the floor. If you know ahead of time that you'll be teaching this movement, tell your

student to bring socks to the session or class. Tell your student to bring their arms out to the sides like the letter T.

Invite the student to close their eyes. Closing their eyes removes all the visual information that their brain would otherwise have to process. Keeping the eyes closed allows the student to focus completely on their internal sensations.

Teach the Inversion movement. Instruct your student to invert their right foot, and explain what that means. I like to use the example of imagining a smiley face on the bottom of their right foot. The student can imagine moving their foot so that the smiley face can look over at their left foot. Then they can gently relax their foot back to neutral. Tell your student to repeat this inversion of their foot one more time.

Instruct your student to invert their right foot again, and to let their right knee bend and relax out to the side at the same time. Then they can relax and let their knee straighten and their foot slide back down to where it started. Tell your student to keep repeating this movement, letting their foot slide up a little farther each time.

When your student is sliding their right foot up as far as it will go comfortably, they can start letting their right foot come off the floor. In order to do this in a relaxed, easy way, the student will need to let their weight gently roll onto their right hip, and let their left hip and shoulder come off the floor. As they do this, the student should let their head roll to the left. Remind your student to stay relaxed and lazy as they do this movement; it should feel easy and not forced. Talk your student through this full movement several times.

Now teach your student the Inversion movement with their left leg. Start at the beginning with just the movement of the foot, and explore the whole progression of the movement. Their weight will roll onto their left hip, their right hip and right shoulder will come off the floor, and they will turn their head to their right side. Ask your student to notice how the movement feels different on their left side.

Teach the Eversion movement. Instruct your student to evert their right foot, and explain what that means. The student can imagine moving their foot so that the smiley face on the bottom of their right foot looks away from their left foot. Then they can gently relax their foot back to neutral. Tell your student to repeat this eversion of their foot one more time.

Instruct your student to evert their right foot again, and to let their right knee bend and cross over their left leg at the same time. Then they can relax and let their knee straighten and their foot slide back down to where it started. Tell your student to keep repeating this movement, letting their foot slide up a little farther each time. **The farther they slide their foot up, the more they will need to let their right knee cross over their left leg.** Their weight will start to roll onto their left hip, and their right hip will lift off the floor.

When your student is sliding their right foot up as far as it will go comfortably, they can start letting their right foot come off the floor. In order to do this in a relaxed, easy way, the student will need to **fully cross their right knee over their left leg**, let their weight fully roll onto their left hip, and let their right hip and shoulder come off the floor. As they do this, the student should let their head roll to the right. Remind your student to stay relaxed and lazy as they do this movement; it should feel easy and not forced. Talk your student through this full movement several times.

Now teach your student the Eversion movement with their left leg. Start at the beginning with just the movement of the foot, and explore the whole progression of the movement. Their weight will roll onto their right hip, their left hip and left shoulder will come off the floor, and they will turn their head to their left side. Ask your student to notice how the movement feels different on their left side.

Talk your student through going back and forth from Inversion to Eversion.

Starting with their right leg, instruct your student to go back and forth from inversion to eversion with their right leg, doing the full movement. Remind your student to completely relax and let this feel like they're just rolling around in bed. When they're done, they can go back and forth from inversion to eversion with their left leg.

Notes:

Make sure your student is very comfortable with the Internal & External Hip Rotator Releases before teaching them this exercise. If they feel any pain or discomfort when doing the Hip Rotator Releases, hold off on teaching them Inversion & Eversion until their pain or discomfort is gone.

This is a fun exercise to teach to experienced students. Hold off on teaching this exercise until your student has a firm grasp of the basic exercises; there's no benefit to teaching this exercise early in the process.

Common mistakes:

The most common mistake in this exercise is not crossing the working knee over the opposite leg when doing the Eversion. The student must fully bring the working knee across the opposite leg in order to fully evert comfortably. If they don't, they'll be forcing the rotation of their knee, which is not advisable, and not beneficial in any way.

The other common mistake is staying too tense in the movements, and holding or bracing the body. Keep reminding your student to stay very relaxed, and to do the movements lazily, like they're rolling around in bed. The movements should feel natural and organic, and not forced in any way.

The following is an example of how I teach Inversion & Eversion:

Gently come down to the floor, and lie down on your back, on your carpet or exercise mat. If you're on a sticky exercise mat, you'll want to move down so that your legs are completely off the mat and are free to slide around on the floor. You may want to wear socks for this movement. Bring your arms out to the sides like the letter T.

Start by inverting your right foot. So, if there was a smiley face on the bottom of your right foot, let that smiley face look over at your left foot. Then, gently release and let your right foot come back to neutral. Repeat this one more time.

Now you can start making this movement a little bigger. Invert your foot again, and this time let your right knee bend and relax out to the side as you slide your foot up a little bit. Then, relax and let your foot slide back down. Keep doing this movement, letting your foot slide up a little farther each time.

When you're sliding your foot up as far as it will go, you can start letting your foot come off the floor. Let your weight gently roll onto your right hip, and let your left hip come off the floor. Let your head roll to the left, and feel your left shoulder lifting off the floor. Repeat this full movement several times. This should feel like a very relaxing movement, like you're just rolling around in bed.

When you're done, let your foot slide down, and relax.

Now you can do that sequence on your left side. Start by inverting your left foot. Let that smiley face on the bottom of your left foot look over at your right foot. Then, gently release and let your foot come back to neutral. Repeat this one more time.

Now, invert your left foot again, and this time let your knee bend and relax out to the side as you slide your foot up a little bit. Then, relax and let your foot slide back down. Keep doing this movement, letting your foot slide up a little farther each time.

When you're sliding your foot up as far as it will go, you can start letting your foot come off the floor. Let your weight gently roll onto your left hip, and let your right hip come off the floor. Let your head roll to the right, and feel your right shoulder lifting off the floor. Repeat this full movement several times.

When you're done, let your foot slide down, and relax.

Now you'll work with eversion. Start by everting your right foot, so that smiley face on the bottom of your right foot is looking out to the side. Then relax, and let your foot come back to neutral. Repeat this one more time, and notice that your right knee bends and rolls inward as you evert your foot.

Now you can start making this movement a little bigger. Evert your foot again, and this time

let your right knee bend and cross over your left leg. Then, relax and let your foot slide back down. Keep doing this movement, letting your foot slide up a little farther each time, and letting your knee cross over your left leg. As your foot slides up farther, you'll notice that your weight rolls onto your left hip, and your right hip will start to lift off the floor. Don't be afraid to let your right knee fully cross over your left leg.

When you're sliding your foot up as far as it will go on the floor, you can start letting your foot come off the floor. Now your weight will fully roll onto your left hip, and your right hip will lift off the floor. Let your head roll to the right, and feel your right shoulder lifting off the floor. Repeat this full movement several times. This should feel like a very relaxing movement, like you're just rolling around in bed.

When you're done, let your foot slide down, and relax.

Now you can do that sequence on your left side. Start by everting your left foot, so that smiley face on the bottom of your foot is looking out to the side. Then relax, and let your foot come back to neutral. Repeat this one more time, and notice that your left knee bends and rolls inward as you evert your foot.

Now you can start making this movement a little bigger. Evert your foot again, and this time let your left knee bend and cross over your right leg. Then, relax and let your foot slide back down. Keep doing this movement, letting your foot slide up a little farther each time, and letting your knee cross over your right leg. As your foot slides up farther, you'll notice that your weight rolls onto your right hip, and your left hip will start to lift off the floor. Don't be afraid to let your left knee fully cross over your right leg.

When you're sliding your foot up as far as it will go on the floor, you can start letting your foot come off the floor. Now your weight will fully roll onto your right hip, and your left hip will lift off the floor. Let your head roll to the left, and feel your left shoulder lifting off the floor. Repeat this full movement several times.

When you're done, let your foot slide down, and relax.

Now you'll work with your right side again. Go back and forth from inversion to eversion several times, doing the full movement. Remember to completely relax and let this feel like you're just rolling around in bed.

When you're done, let your foot slide down, and relax.

Now you can do this on your left side. You go back and forth from inversion to eversion several times, doing the full movement. Remember to completely relax and let this feel like you're just rolling around in bed.

When you're done, let your foot slide down, and relax.