Mapping Movements of the Legs	88
Mapping the thigh bone	88
Exploration 22: How is the thigh bone shaped?	88
Mapping the leg to torso connection	89
Exploration 23: How do the legs connect to the spine?	90
Keys to teaching the femur and the psoas	91
Mapping the lower leg	92
Exploration 24: How is the lower leg shaped?	92
Keys to teaching the lower leg	93
Mapping the knee joint	93
Exploration 25: How does the knee joint move?	94
Keys to teaching the knee joint	95
Images for the Legs	96
Mapping Movements of the Foot	99
Mapping the bones of the foot	99
Exploration 26: How many bones are in the foot?	99
Keys to teaching the bones of the foot	100
Mapping the arches of the foot	100
Exploration 27: Where are the arches of the foot?	101
Keys to teaching the arches of the foot	102
Mapping the ankle joint	102
Exploration 28: Where is the ankle joint?	103
Keys to teaching the ankle joint	103
Mapping the heel bone and the midfoot	104
Exploration 29: How is the heel bone shaped?	105
Keys to teaching the heel bone and the mid-foot	106
Images for the Foot	107
Mapping Standing and Walking	109
Mapping standing in balance	109
Exploration 3o: How does the body stand in balance?	110
Keys to teaching standing in balance	111
Mapping walking basics	111
Exploration 31: How does the foot move when walking?	112
Keys to teaching easy walking	113
Images for Standing and Walking	114
Notes on the Legs and Feet	116
Mapping Breathing Basics	117
Mapping locations of lungs and diaphragm	117
Exploration 32: Where are your lungs and diaphragm?	117
Keys to teaching the location of the lungs and	118
diaphragm	
Mapping the movements of ribs	119