

Turnout

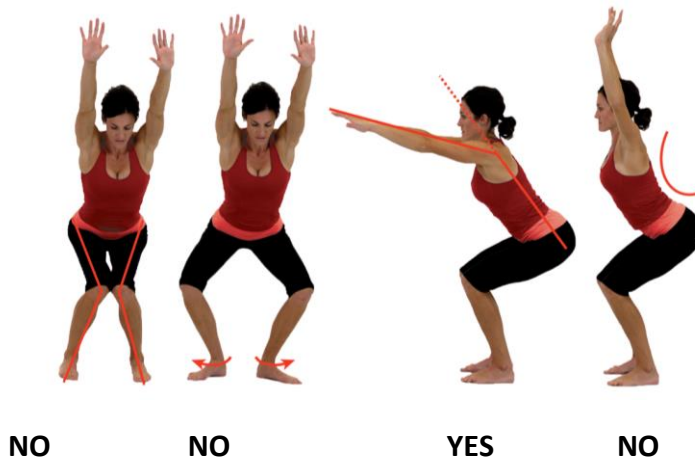
Turnout is a rotation of the leg that comes from the hip, causing the whole leg, knee and foot to turn outward, away from the centre of the body. This rotation allows for greater extension of the leg, especially when raising it to the side and rear. When bending in a turned out position the knee bends over the toes with the pelvis tucked under.

Parallel

In parallel positions, the legs are not turned out – that is, the feet are parallel to each other, the knees point forward and hips are not rotated out. Feet may be 3 different positions as follows:

- 1st in parallel - touching side by side
- Small 2nd in parallel - apart at the distance of the centre of the hip sockets
- 2nd in parallel - a normal wide astride.

When bending in parallel position, knees bend over toes. Do not turn knees in. Push your weight back onto your heels and release the pelvis.



Exercises to help bend knees correctly in parallel

1. Squats with band – place the band around the top of your knees, squat taking the pelvis back and placing the weight onto your heels. Step into a small astride keeping feet parallel and band tight. Bring the other foot in and walk sideways keeping in the squat position.
2. Place a ball between your knees and slowly bend and rise keeping the ball in place.
3. While on your back, place band around top of knees and bend knees. Lift and lower the pelvis keeping the band tight. Once you have mastered this lift one leg to 45 degrees and repeat exercises. Keep your back in neutral spine throughout – don't arch or cave.

