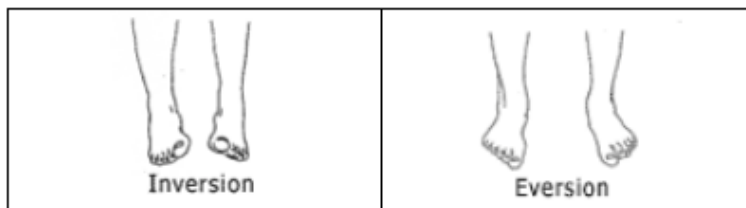


Foot Drills

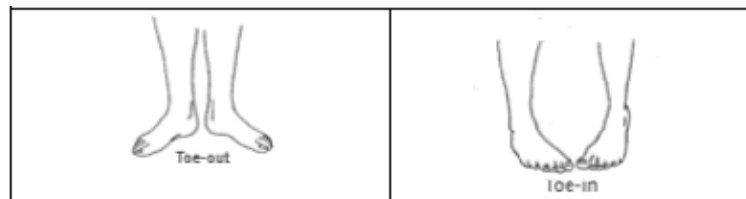
Our feet are the farthest point from our brain, which makes them the longest and slowest communication line in the body. Much of our balance comes from the proprioceptive input of the foot muscles. However, our foot muscles must be challenged daily to provide a smooth and clear communication between the brain and our feet or injuries can develop. According to the closed kinetic-chain concept, our feet are the first “step” in the transfer of force throughout the body as we walk in a weightbearing environment. If the foot is unable to diffuse the force correctly, due to muscle imbalance and/or loss of proprioceptive input, then the force is absorbed by the next joint up; the knee (and so on).

By challenging the foot in various gaits, the body improves the communication line between the foot and the brain. A faster and clearer neuromuscular pathway provides better balance and proprioception with each step. This allows the body to transfer force in a more appropriate manner to eliminate unwanted stress that can result in muscle strain, ligament sprain, tendonitis, and other related injuries (knee, hip, and low back issues).

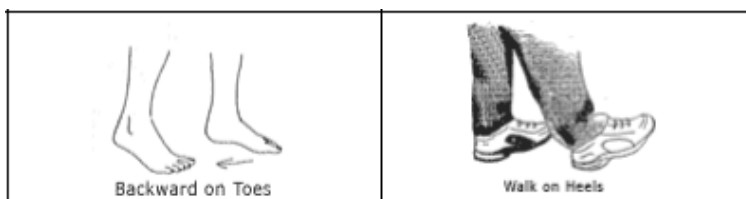
These six drills should be performed daily and each drill should be done for 25-50 meters. Five of the six drills should be done barefooted, preferably on grass but a clean flat surface will work. Shoes are preferred for the last drill, when walking on heels, to protect from bruising the calcaneus bone. Results are often subtle but can be noticed in 2 weeks.



- 1) Inversion - walk on outside of foot
- 2) Eversion - walk on inside of foot



- 3) Toe-out - walk with toes pointed outward
- 4) Toe-in - walk with toes pointed inward



- 5) Backward on toes - walk backward on the balls of your feet
- 6) Walk on Heels - with shoes on, walk forward on the heels of your feet

Total time is about 3-4 minutes and should be performed daily.