FOOT MOBILITY

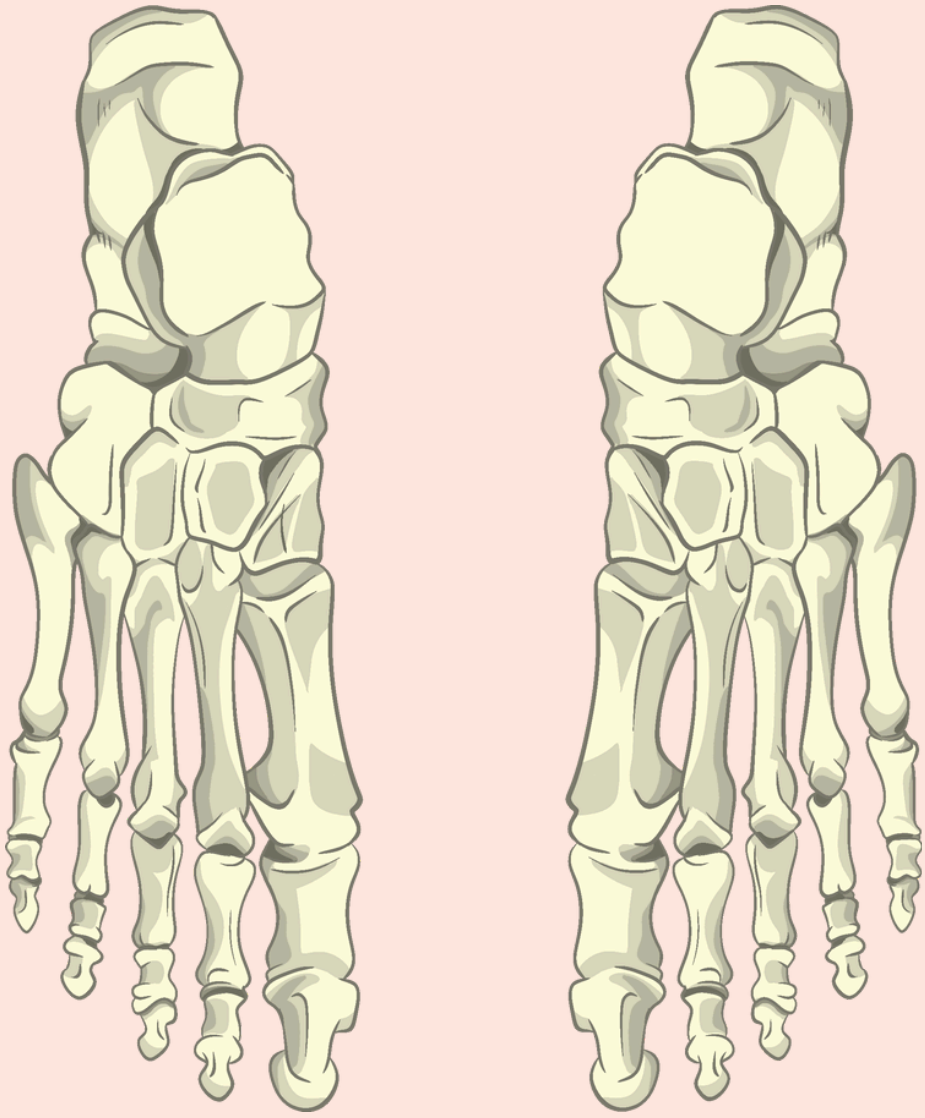
BY RACHEL DIXON

DISCLAIMER

This is for informational purposes only. It is not meant to diagnose or treat. Please proceed at your own risk.
NOTHING is meant to hurt. Stop and talk to your doctor if it does...
This is based on the lastest understanding of human anatomy and physiology and how the nervous system work with that.
While the anatomy does not change- our UNDERSTAINDING of the importance of fascia and its role and how the autonomic nervous system plays in with PAIN has been changing rapidly....

WHO AM I

I am Rachel Dixon.
I am a Massage therapist, esthetician, postural alignment therapist, health coach and bodymind coach, with a LOT of certifications.
I help people feel better by getting to the root of their issues.
In the 25+ years of practice, people's issues have changed. Massage used to "fix" most of the problems people came in for. With the increase in technology and shift in how much movement people got, what made them feel better- changed. It was what they did BETWEEN sessions that made the difference...



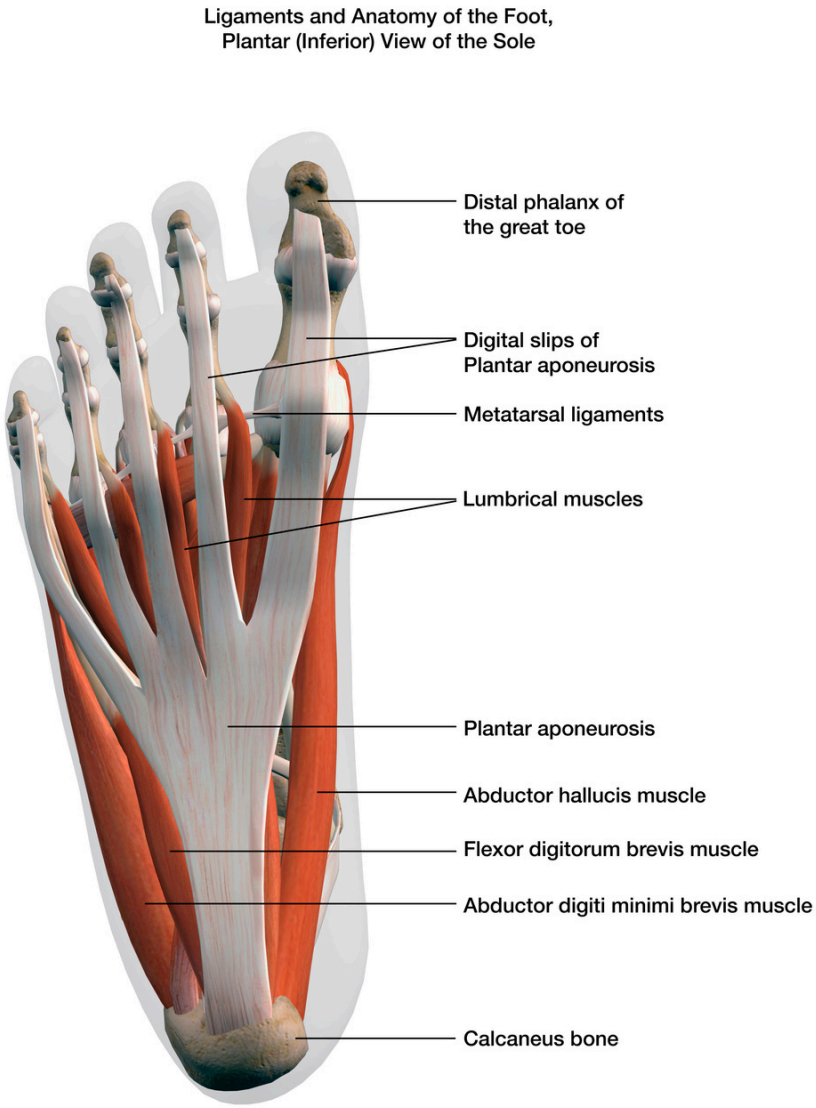
THE ANATOMY

26 Bones
33 joints
100+ ligaments, muscles and tendons...

Feet were designed to be mobile.

Plantar Tissue

dense fascia



The fascia of the foot is VERY thick. It needs to remain flexible. If not, there can be inflammation and tension causing heel spurs, and pain.

Responding to weight: The plantar fascia loosens and tightens as the foot's weight-bearing forces change.

Preventing collapse- its the plantar tissue that prevents the arch
of the foot from collapsing when weight is applied.

Conserving Energy- the plantar tissue acts like a spring to help conserve energy.

CONSIDERATIONS

A tool is only as good as the way it is **applied to the body.** The same tool could be great for one person and cause injury to another- because of what the body's tissue needed.

Shape

Balls are the most common foot tool. They have a rounded "point" that tissue can smoosh around and can adjust direction easily. Rollers have a wider base and roll in one direction. Domes have that point but no roll.

Size

Smaller balls might press on bones (create movement) in an individual foot joint, while bigger balls make a bigger movement into the tissue. Rollers either press into the tissue or the body can stretch around it.

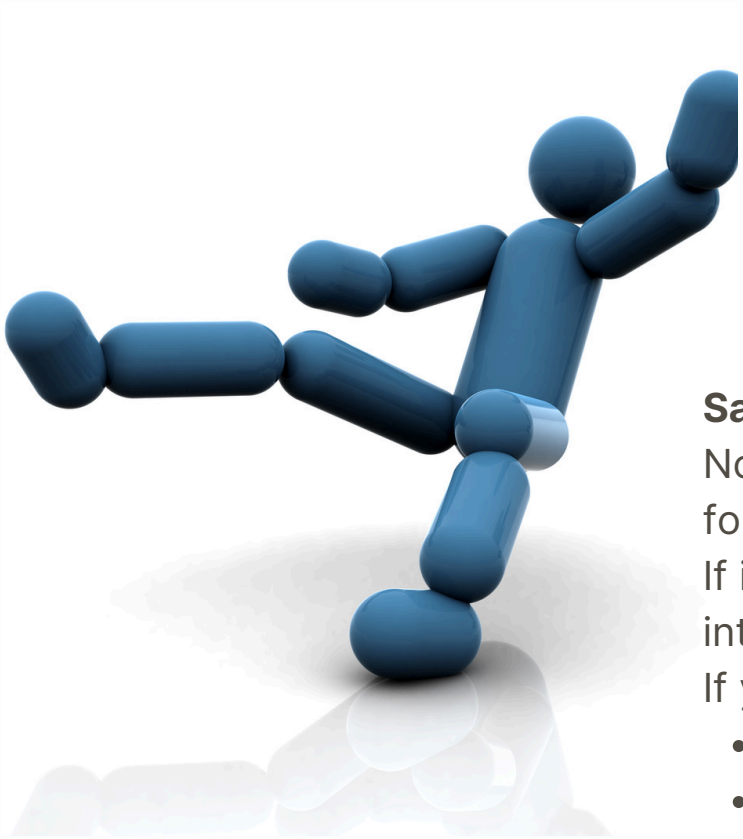
Firmness

The ideal tools for the body have some "Smoosh". The more rigid the tool, the more aggressive/sharp and possibility for injury. Minimally, the firmer the tool- the more "IN" the body it goes.

Tissue

Different types of tissue have different needs. Fascia responds to sensation but tightens to PAIN. Bones could use a litttle gentle separation, especially when rigid. Muscles like overall tissue recovery.

SAFETY



Safety with PRESSURE

Not only “does this hurt” but “is this safe for me to do”

If it hurts- Stop. Consider- is this an intense sensation or is this PAIN.

If you perceive its an intense sensation,

- move in more gently
- Consider using a softer tool.
- Move more slowly.
- Breathe into it.

And see if the sensation changes.

If it is causing PAIN- stop.

If the next day you feel “beat up”, take things more slowly and gently.

ALWAYS: Consider safety with BALANCE

Your weight and balance should be in your standing leg- shifting pressure into the foot you are working with.

You can HOLD a CHAIR for balance. It should be on the standing leg side.

You can sit on a chair- but a higher chair (like a bar stool) is what is needed to shift that weight into the foot.

Unless this is a dome (that doesn’t roll), only work with one foot at a time. Double domes are intense. Using one leg at a time and shifting weight in is less intense because you control the pressure.

Sue Hitzmann

MELT Method

Melt balls (firm and smooshy)
Softer Foam rollers

- **Position point pressing: Press in- relax, then move your body to adjust the pressure on foot. Start with the softer ball before transitioning to a firmer still squishy ball. You can also use small or bigger melt balls.**
- **Gliding: Apply consistent pressure and glide the ball back and forth towards the heel.**
- **Shearing:Create a shear effect by pinning the skin and compressing the area**
- **Rinsing: Start at the ball of the big toe and push the ball from the forefoot to the heel. Maintain consistent pressure and keep the ball moving**
- **Friction: Rinsing lengthwise but fast speed- to create friction.**

Any questions?
Let me know.

Here is how you can work with me....

- **A private session series in person**
- **A consultation with homework to do at home**

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