



FOOT STABILITY

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 class is based on the latest understanding of human anatomy and physiology and how the nervous system work with that. While the anatomy does not change- our UNDERSTANDING 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...



Foot Stability= muscles



Intrinsic muscles:

Extrinsic muscles



CONSIDERATIONS

What is stability

- Whole body
- Starts at feet
- Aligns to Deep front fascia line
- Starts with plantar fascia
- Connects with SHORT FOOT



Ideal body stacking

Ideal Body stacking:

- Joints pointing forward, Feet, knees, hips, shoulders
- Loading of pelvis through the ankle- not the midfoot or fore-foot.
- How are we stacking? Take pictures...

Protocol Exercises for feet

1. Release tight tissue with balls, foam rollers on calves/shins
2. Stretch the extrinsic tight calf muscles (and tight back line including hamstrings, back)
3. Strengthen the toes (spread toes, lift toes, short foot)
4. Work on body alignment

Foot Stability

Stability improved by strengthening the toes. How well do your toes work?

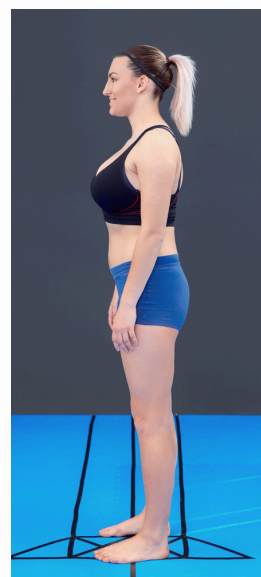
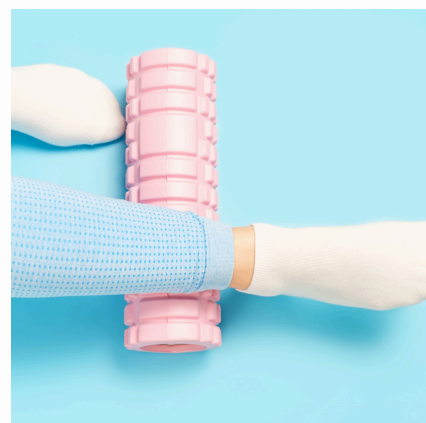
- Spread the toes
- Lift the toes
- Press down with toes
- then alternate with big toe up, small down: big toe down, small up
- Short foot- to pelvis



Specific foot stability work

Stability improved by strengthening the toes. How well do your toes work?

- **Spread the toes**
- **Lift the toes**
- **Press down with toes**
- **then alternate with big toe up, small down: big toe down, small up**
- **Short foot to pelvis**



Overall system for foot work

- Release tight tissue with balls, foam rollers on calves/shins
- Stretch the extrinsic tight calf muscles (and tight back line including hamstrings, back)
- Strengthen the toes (spread toes, lift toes, short foot)
- Work on body alignment



Any questions?

Lets try short foot.....

Short Foot

One foot at a time
Front knee bend
Foot tripod
Spread the digits
Engage pelvic Floor
Root the toes into the ground
Hold for 10 seconds

Starter Short Foot:

Use toe spacers
Create a neutral Foot
Do a forward lean
Hold 10 seconds

You can work with Rachel Dixon

www.theartofbeingwell.com

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