

Foot Fitness: Health From The Ground Up!



*"The human foot is a masterpiece of engineering and a work of art."
--Leonardo di Vinci*

One fourth of the total bones in your body are in your feet--there are 52 bones, 66 joints, 224 ligaments plus many tendons, nerves, and blood vessels in our feet, so they must be important! The 60-minute workshop will teach you to understand your feet as a "sensory organs" and gain a new appreciation for *health from the ground up!* In addition to some basic biomechanics and neurology of the feet, you will learn and practice important foot/ankle mobility exercises that can relieve pain and optimize gait. Special "foot fitness" tools will also be demonstrated that often correct painful plantar fasciitis issues--sometimes in just a few days. You will learn how select "foot-friendly" shoes and hiking boots. The barefoot running topic will also be discussed along with the new flexible shoe trend developing.

Foot fitness made fun and practical--make sure to attend so you can learn to not only move well from the ground up, but also move safer without pain!

Presentation:

- Biomechanics
- Ground Forces Math
- Neurology-Feet As Sensory Organs!
- Threat Modulation & Movement
- Barefoot Running
- Flexible Shoe Trends

Demonstrations:

- Anatomical Foot/Ankle Models
- Shoe Test
- Hiking Boots

Exercises:

- Ankle Mobility Screen (Knees Over Toes)
- Foot Tripod (Knee Alignment/Ankle Mobility Re-Assessment)
- **Z-Health® Drills:**
 - Ankle Tilts
 - Toe Pulls
 - Ankle Circles

Plantar Fasciitis: "How To Fix YOUR OWN Foot!"

- Overview
- Self-Help Therapy Tools:
 - FootLog Roller
 - The Stick Roller
 - Shoes & Foot Fitness

Related Topics: Balance & Fall Prevention

Questions & Answers:

- References & Recommendations
- Corporate/Group/Private Workshop Options!

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Get Fit.  Be Strong.