

STRENGTHEN YOUR SOLE

Being on your feet should be easy; it's what you were made to do. If you experience pain or discomfort anywhere in your body (feet, knees, hips, low back, neck or shoulders) with prolonged periods of standing, walking or being active – it is time for STRONG FEET.



Let's get started...

Stand with equal weight on the ball and heel of your foot – Close your eyes and raise your toes up off the floor, just the toes, and then let them fall. Make sure you have equal weight on the ball of and heel of your foot. Pay great attention to what happens to your arch height as you raise and lower your toes. Lower each toe one at a time, like you are playing the piano with your toes. Play it for 1-2 minutes multiple times/day.

STRONG FOOT “HAVE YOU LOST YOUR SOLE?”

The strong foot exercise (commonly referred to as ‘short foot’ exercise, developed by postural expert Vladimir Janda, MD) is designed to build strength and endurance in the muscles that support the arch/sole of the foot.

1. Take a seat, with both feet on the floor.
2. Slide your big toes toward your heel, without curling your toes or lifting your heel. You will feel your arch raise slightly.
3. Hold this ‘strong foot’ position for 5-10 seconds then relax and repeat as recommended by your ‘movement maven’ health care professional. (Often 10-20 times 5-10 times/day)
4. Shake it up. Challenge yourself. Below is a progression example; it suggests that you master one stage before you move onto the next.

Seated – 10-20 times

Standing Two Legs

Standing One Leg

Body Rotation Two Legs

Body rotation Standing One Leg

Eyes Closed Standing Two Legs

Eyes Closed Standing One Leg

Lunging

One leg squat



5. Integrate your 'strong foot' into your life, working on it when you are talking on the phone, making dinner, sitting at your desk. We can relearn our patterns of movement, much like we can change the habits in our lives. It is just a simple choice, to make a change.
6. Support your Sole. MojoFeet custom orthotics and arch supports will help your new 'strong feet' tackle this hard world. MojoFeet are designed to flex while you walk, keeping your feet stout and active. With a strong support sole, you can tackle anything.

WHAT WOULD YOU DO IF YOU KNEW YOU COULD NOT FAIL?