

Exploring your Feet

Life on our Feet

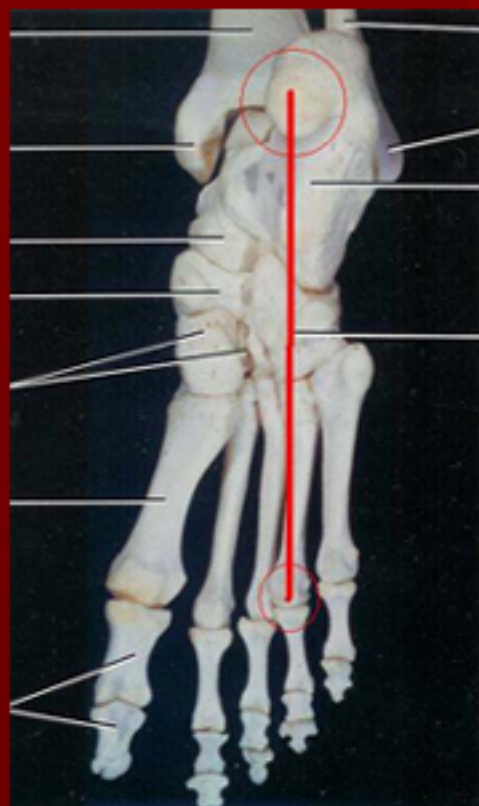
We spend so much time on our feet but we tend to be unaware of their importance. One quarter of the bones in the human body are found in the feet. With 26 bones, 33 joints and over 100 muscles, tendons and ligaments in one foot alone, you'd think we'd maybe pay a little more attention to them!

Instead we jam them in snowboard and ski boots, climbing shoes, high heels, dance shoes and running shoes (to name a few). We rely on orthotics and foot beds to provide relief, and support for our feet. But filling the space to provide support isn't necessarily what will improve how we use our feet. We need to learn to find support from the surfaces we're on and explore how to use our feet in ways that will help organize the rest of us so that we can move with greater ease and efficiency.



The Job of our Feet

When we're structurally organized, our feet help us in many ways. They support us, move us and act as levers providing the opportunity for us to go in any direction at anytime. The heels assist with power, our toes with speed. And our brain relies on input received from the foot and ankle to constantly adjust our body relative to the changes of the surfaces we're on. When the relationship to the surface we're on is clear our movements are light graceful and elegant. Every time we connect with the ground the forces met by the ground are rebounded up and through us. When the energy is lost into the surface below due to a lack of structural support and organization, effort and musculature tone increases and movement feels heavy.



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So how do we find this rebound force and sense of support from the ground? By organizing how you use your feet. Explore the pathway from the forth toe mound to the heel(see picture). With a clear understanding of this line, you will begin to find support and feel the transitional force travel up and through your body. Shift weight into the big toe mound and notice as the support in the ankle is lost and the arch begins to collapse. This is reflected up the leg, putting stress on the knee and affecting how the bone in the thigh (femur) sits in the hip socket. The position of the pelvis, which in turn affects the spine; all creating a feeling of sinking. A similar effect occurs when there is more weight on the outside of the foot towards the little toe mound. Whether it's in your yoga class, while you're running, biking, lifting weights, or just standing around - next time you're on your feet PLAY! Notice how subtle differences can create a dramatic change!

Please note that my articles are simply my opinion. I am sharing with you what I am studying and exploring. I encourage you to be curious yourself. Be your own teacher and enjoy what you discover through your own journey. Happy learning!

Namaste. Nicole Lohse