

## AN EXPANSIVE & WELL ROUNDED APPROACH TO FOOT AND ANKLE HEALTH

THE FOOT REQUIRES A BALANCE OF BOTH MOBILITY AND STRENGTH TO FUNCTION PROPERLY



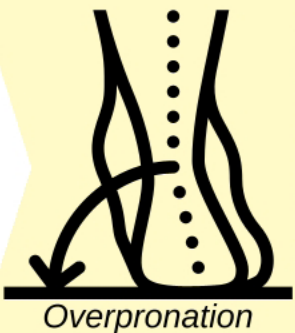
### FOOT FACTS:

The foot contains 26 Bones, 33 Joints, & 29 Muscles. 10 of the muscles are extrinsic and originate outside of the foot, and 19 are intrinsic muscles originating within the foot. The arch also has 4 layers of muscle, and all layers need strength to adequately support the foot. Thus, there are a lot of structures working together to function well, and a balance between mobility and stability leads to the best function!



### TOE SPLAY

Your ability, or inability to toe splay, is a great indicator of where your level of foot strength is overall, and how much further strengthening you need to improve your foot health. This ability also strongly ties into bunion related pain. Toe spacers (like YogaToes), can be a helpful tool to work on this in addition to specific strengthening exercises.



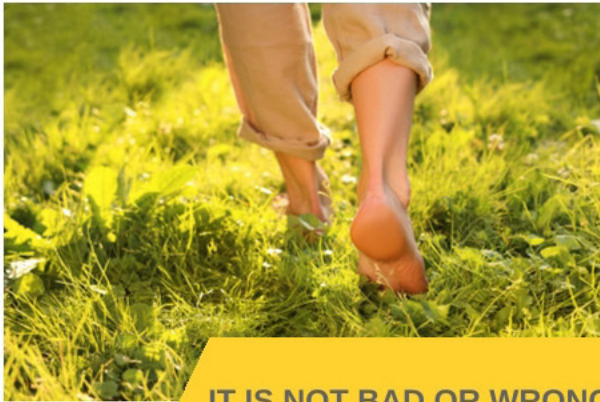
**OVERPRONATION** is very common, it is when your foot and ankle cave inward. One of the best ways to correct overpronation, and thus improve your foot mechanics for long term health, is GLUTE STRENGTH!



Training your **FOOT TRIPOD** can also be a useful tool for long term foot health, and to help correct overpronation or other dysfunction. PT can teach you how to train and sense this to improve balance, stability, and agility.

THE FOOT IS A SPECTRUM IN MANY WAYS: MOBILITY VS STABILITY, STRENGTH VS WEAKNESS, ETC. ALL AREAS OF SPECTRUM SHOULD BE ADDRESSED TO FIND THE BEST LONG TERM SOLUTION

# HEALTHY FEET & ANKLES

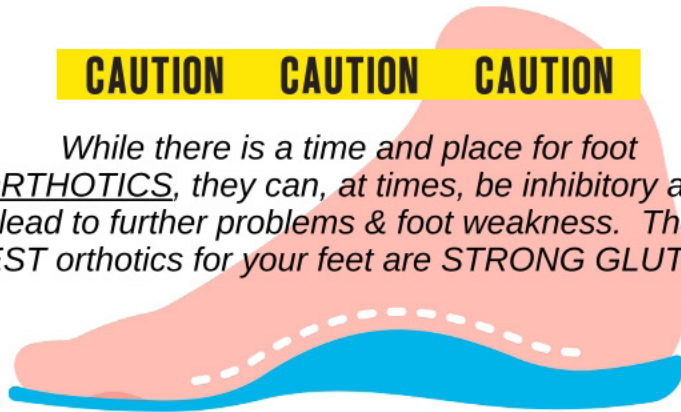


*Contrary to popular belief, it can be healthy to spend time BAREFOOT, as long as you feel good and are pain free when barefoot. Spending time barefoot allows our feet to get stronger, and allows our foot the freedom it desires to function properly. We don't always need as much support in our shoes as we think we do. For more individualized guidance, talk to your physical therapist team for more details!*

**IT IS NOT BAD OR WRONG TO HAVE FLAT FEET, THEY JUST NEED TO BE STRONG AND EXTERNALLY SUPPORTED FROM THE HIP AND POSTERIOR CHAIN**

## CAUTION CAUTION CAUTION

*While there is a time and place for foot ORTHOTICS, they can, at times, be inhibitory and lead to further problems & foot weakness. The **BEST** orthotics for your feet are **STRONG GLUTES**!*



**ANKLE STABILITY IS ALSO HIGHLY TIED TO GLUTE/HIP CONTROL AND STRENGTH. YOUR MAIN BALANCE CENTERS ARE YOUR FOOT/ANKLE COMPLEX & YOUR HIP. YOU'LL NOTICE THAT BALANCE IS OFTEN IMPROVED WHEN YOUR GLUTES ARE ACTIVATED, AND YOUR ANKLES ARE STRONG!**

## SHOE WEAR

**Ultimately your shoes need to feel good to you!**

Shoes we do NOT recommend would include flip flops, shoes that are not secure on your foot, a toe box that is too narrow or pointy, or ill fitting shoes.

Shoe brands we recommend are based on foot type, strength, and function that you can ask your PT team about.

