BARE YOUR SOLE

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Mission: "wellness without walls"

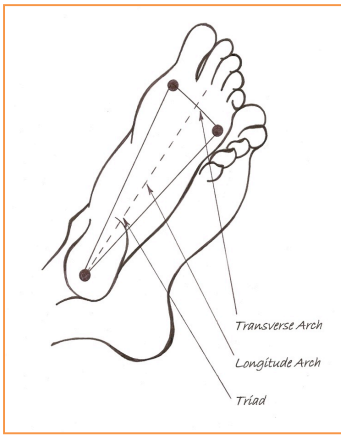
"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

I. INTRODUCTIONS

1. Evolution and History
2. Functional Purpose
3. Contraindications and Special Populations
4. Health, Safety, and Vibrams
5. Resources/Equipment:
6. Workshop/Masterclass
7. Research:
8. Theme

II. THEORY

9. Morton's Toe
10. Quadrupeds to bipeds in history; evolved in us as in kangaroos, and occurred in hominoids 5 million years ago
    a. Pros: efficiency for smaller size, frees hands to carry things, see over tall vegetation for hunting, much more efficient cooling of the core
    b. Cons: less capable climbers because of center of gravity and loss of 2 limbs, slower and less agile than quadrupeds, increased propensity to fall
    c. unique to bipdal primates are long legs, S-shaped spinal column, wide pelvis separating legs on purpose, parallel big toe lined up with rest of toes (vs. other primates whose big toe does separate things), thighs that angle inward towards the knees to assist in balance, and lateral & transverse arches built into the foot so we aren't flat footed but supported by 3 main points of contact (triad) in a stable, tripod-like structure for walking



11. Shoes give:
    artificial, passive, external stabilization
    vs natural, active, internal stabilization
12. Quick Kinesiology
    a. Dorsiflexion
    b. Plantarflexion
    c. Inversion/Supination (pes cavus)
    d. Eversion/Pronation (pes planus)
    e. Whatever foot does, leg does opposite
    f. Weak feet can yield to _____ including weak pelvic floor
    g. Peroneals
13. Looking at clients' shoes for
14. Balance and gait require ankle training, plus:

_____

_____

_____

15. Greek history: Running as Fast as Phidippedes and "marathons"
16. Natural, balancing ankle movement is called _____

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III. PRACTICAL:

1. 3 Components of any BalanceExperience:
   a. strength (including warm-up)
   b. balance/proprioceptive sensorial training
   c. flexibility

2.Anchoring Stability:

a. Pelvic Floor Muscles
b. Transverse Abdominus
c. The tongue

3. SEATED:

a. Ankle/Foot WarmUps with rotation
b. Ankle/Foot WarmUps with heel and toe lifts
c. "Marble Grabs" with the toes

4. STANDING:

a. Surfaces: floor to labile to air
b. "Stand on one leg": Purpose, Progressions, and PFMs
c. Foot stability: clenching, arching, everting, inverting, stepping
d. Foot strike for gait: slower is a progression and can increase propensity to fall
e. Heel and Toe lifts.
f. "Tight Rope Walking" with and without "step-out" technique
   1. In-line walking w/space between heels
   2. in-line walking heel-to-toes

5. SUPINE:

a. Bridging
b. Bridging with Hip Rocks
c. Single Leg Bridging: focus on SUPPORTTING KNEE STABILITY
d. Single Leg Bridging with Abduction: focus on SUPPORTING KNEE

Summary:

Home-Work: *self-care for feet, importance of discussing shoes and barefoot training, balance and gait training for all populations, Stacey Lei Krauss and willpowermethod.com, Shannon Fable and balletone.com*

Resources:

Final Take-Home Messages: