

# Body & Sole for Active Aging

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 “wellness without walls™”  
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## Description

A big fear as we age is falling, yet we rarely spend time with our active agers addressing the feet. Research and Review from the Barefoot Trend is hotter than ever, and this workshop fuses the latest cutting-edge information with practical applications of shoeless movement for older adults. We will blend research with foot hygiene, muscular anatomy, and stability and mobility movements to train lower-leg complex to improve balance and foot function.

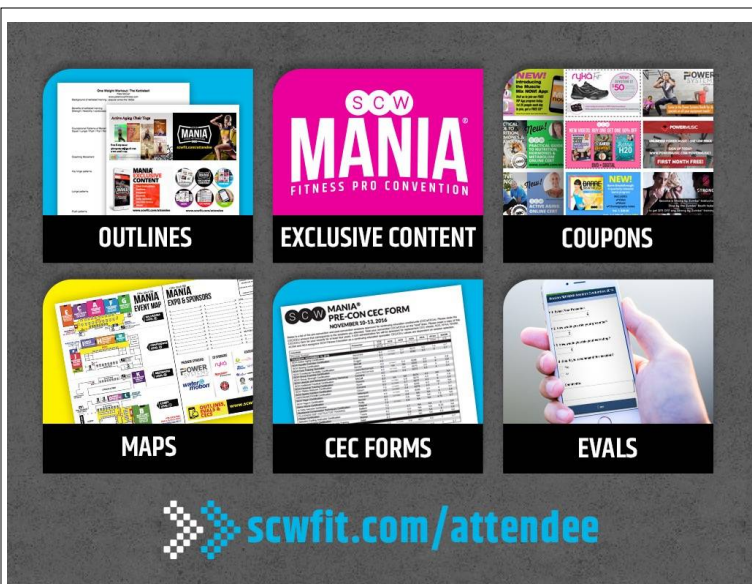
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**Teaser**

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Your Comfort Zone →

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**Introduction**

1. Namaste and Welcome
2. Purpose:
3. Theme:
4. Ice-Breaker:
5. Format: one-sided workshop
6. Our (Unilateral) Journey Today:

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# Theory

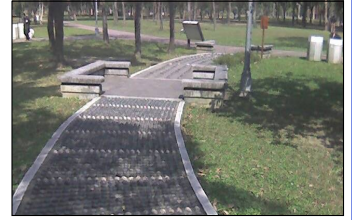
1. Number One Fear
2. Evolution and History
3. Functional Purpose
4. Caveats
5. Health & Safety
6. Equipment
7. Theme
8. History

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# Theory

- a. Greek History: marathons
- b. Chinese History: parks



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# Theory



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# Theory

## I. Introduction

### 9. Foot Hygiene: C.A.M.P.S.:

*clean, air, moisturize, protect, sanitize*

### 10. Muscular Anatomy and Terminology

### 11. Stability and Mobility Protocols

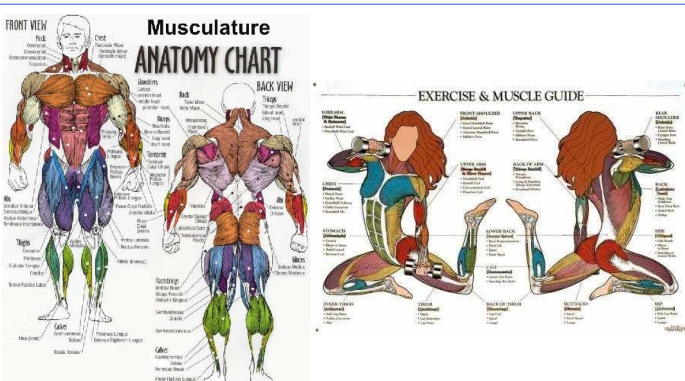
### 12. Lower Leg Complex Movement Patterns

### 13. Finding Our Balance

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# Muscular Anatomy



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# Hygiene



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# Hygiene



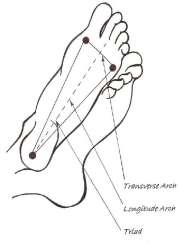
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# Kinesiology

## Quick Kinesiology:

- ankle flexion: dorsiflexion and rationale
- ankle flexion: plantar flexion
- inversion/supination (pes cavus)
- eversion/pronation (pes planus)
- arches: transverse, longitudinal
- foot diad, foot triad
- phalanges
- calcaneus



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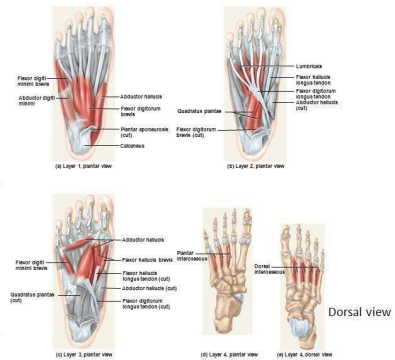
# Terminology



# Muscular Anatomy

## Intrinsic Muscles of Foot

- Four ventral muscle layers
- Support for arches
  - Abduct and adduct the toes
  - Flex the toes
- One dorsal muscle
  - Extensor digitorum brevis extends toes



# Lower Leg Complex

- Finding one's stronger foot and leg
- Natural, balancing ankle movement is A \_\_\_ N \_\_\_
- Shoes give artificial, external stabilization over \_\_\_\_\_
- Minimalist shoes offer \_\_\_\_\_
- Morton's Toe
- Using Chairs
- "Good" leg and "Bad" leg



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# Stability and Mobility

## Training Program Components:

- S: stability/strength, resistance, and proprioceptive
- M1: mobility training with balance/proprioceptive
- M2: mobility training with flexibility

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## Practical: Stability and Mobility

1. Ankle Rotations
2. Phalanges Flexions/Extensions
3. Ankle Eversion/Inversion with and without legs
4. Self Myofascial Release/Massage (Dry and Moist)
5. Active, Rhythmic, and Dynamic Flexibility

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## Balance Assistance



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## Practical: SEATED

### SEATED:

- a. S: Anterior Tibialis
- b. M1: Towel Transfer Work
- c. M1: Marble Work
- d. M2: Static Flexibility
- e. Toe Games:
  - i. toe fans
  - ii. waves
  - iii. taps
  - iv. shaking hands

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## Toe Fans



## Waves and Taps



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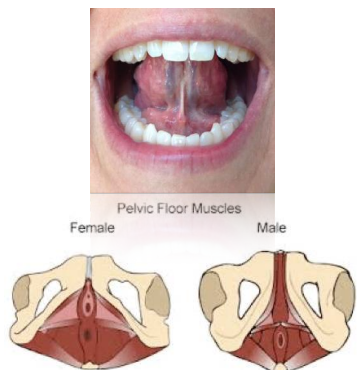
## Shaking Hands



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## Balance Assistance



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## Practical: STANDING

### STANDING:

- a. "Active Feet:" stabile to labile S/R
- b. "Active Stork" with challenges:
  - i. ocular
  - ii. vestibular
  - iii. neuroplastic
- c. "Useful Feet" for picking up objects

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## Fall Prevention

### d. Standing Tightrope Walking

1. With Side Step, Space Between Feet.
2. With Side Step, No Space
3. Without Side Step, Space Between Feet
4. Without Side Step, No Space

#### Options:

- arms and hands
- eyes
- speed
- forwards before forwards and backwards

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## Notes

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## Notes

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## Summary:

Homework:

Resources:

Final Take-Home Message:

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