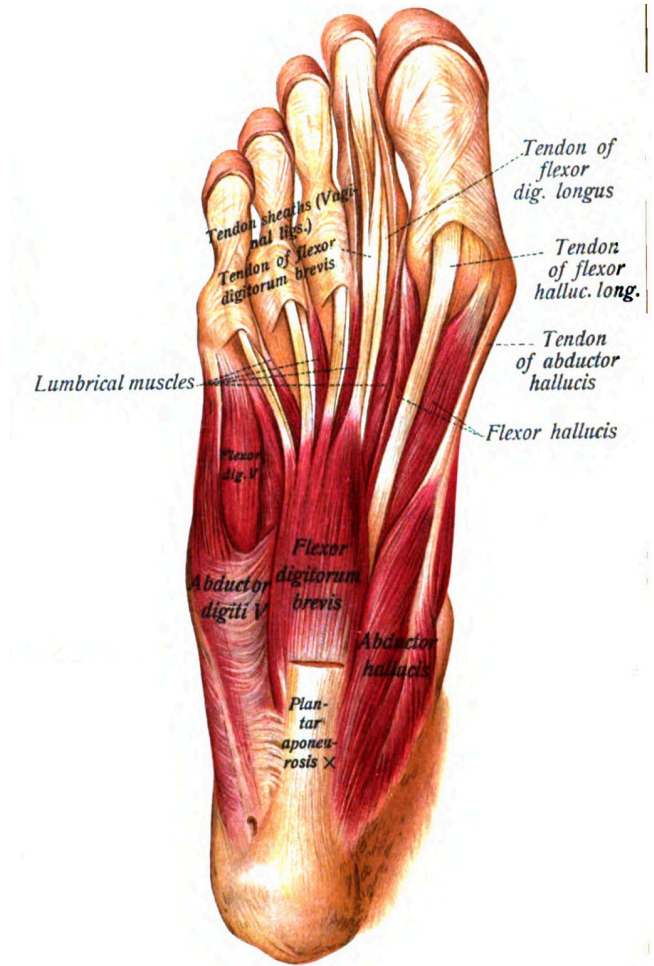


Correcting Foot Posture With Exercise

While walking barefoot can be a great way to improve the posture of your feet, there are also active foot posture correction exercises that can help simply by strengthening your foot muscles. With your feet having a very important job to perform, there is no time better than the present to get your feet back in the shape they should be in. Check out these simple foot posture exercises that can help.

Short Foot & Foot Posture Exercises

Foot posture exercises are one way to build better bodies from the feet up. Short foot is a particular exercise that will help you create more stability for other exercises because you are training the intrinsic muscles in your plantar foot (abductor hallucis). This then creates a reflexive activation of the pelvic floor and deep hip muscles. Whether you are an athlete or just doing foot posture exercises for overall fitness, is a powerful exercise that will even influence the alignment of your knees, hips, spine, shoulders and neck!

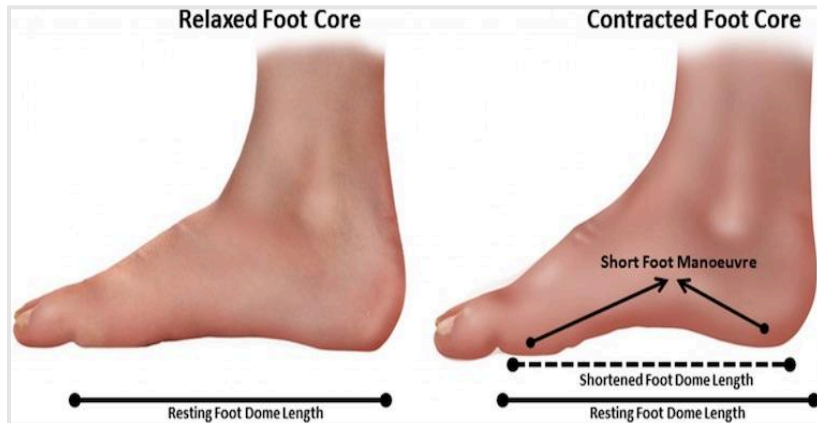


Reasons to do foot posture exercises

Short foot and general foot posture exercises help you build strength in your glutes, hips and abdominals. This is what will give you body tension and stability – from your feet up! In our bodies, everything is connected, and your feet are the foundation to your overall posture. This foundation influences your balance, your glute engagement and your stability.

Short Foot Exercises

The short foot exercise is intended to build strength, stability, and endurance through the muscles and tendons that support the arch. Perform these exercises at least once daily, and



twice daily is optimal.

Barefoot is recommended.

To begin this exercise, sit in a chair with good posture while planting both feet on the floor at a 90-degree angle (knees directly over feet) with your toes straight forward. Starting with your right foot, flex the

muscles through your arch without curling your toes down and back – hold for about 6 – 8 seconds and release. Repeat exercise for another 6–8 seconds, then switch to your left foot and repeat. Once you have done both feet, reposition your feet a little further out (slide forward about a half-foot length) and repeat the exercise again, one foot at a time. Continue to inch your feet out until you have performed the exercise 5 times on each foot.

Only after a week of performing this exercise while sitting, you can advance to doing these while standing, which places greater strength-building emphasis on your feet. Stand with both feet flat, barefoot on a towel for cushioning, and concentrate on working just one foot first. Lean slightly to one side, placing more weight on that left or right foot, whichever is first. Evenly distribute your body weight all over the foot bottom, and spread the digits. Make sure all toes are in touch with the ground. Now focus on your big toe – press the tip into the ground, and watch the arch of that foot increase, as the ball of your foot lifts from the ground. If your other digits are curling under, try to straighten them, and then re-engage them.

Hold the short foot exercise for about 10 seconds and repeat this 5 times. Ideally, you would do this at the beginning of any type of workout. Then, you can integrate it in exercises like squatting: short footing as you press out of your squat. You can also increase the strength-building effect by standing on one leg only, and performing the short foot exercise then.

- **Pool Running.** This exercise is intended to strengthen the structures that support the arches of your feet. Using the shallow end of the pool, start at one end and sprint to the other end, pushing off with your feet as hard as you can with each step you take. With the water adding resistance, the push-off stresses the muscles a bit more than ground running. If you feel the shallow water is too easy, try moving to where the water is chest deep.
 - Note: This same exercise can also be performed in the sand, however, sand running will work those muscles much harder than the pool, so it is best to work your way up in order to prevent any injuries.