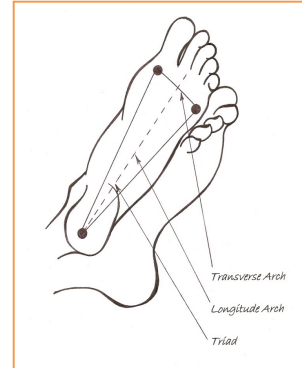


# BARE YOUR SOLE

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Mission: "wellness without walls"

## I. INTRODUCTIONS

1. Evolution and History
2. Functional Purpose
3. Contraindications and Special Populations
4. Health & Safety
5. Resources/Equipment: *marbles, lines/tape,*
6. Workshop/Masterclass
7. Theme

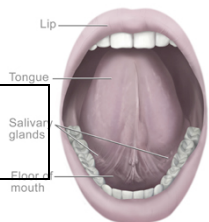


## II. THEORY

8. Finding one's stronger foot:
9. Natural, balancing ankle movement is called
10. Shoes give: artificial, passive, external stabilization over natural, active, internal stabilization of bare feet
11. Barefoot walking/running and Vibram Five Finger Shoe
12. Morton's Toe
13. Quadrupeds to bipeds in history; evolved in us as in kangaroos, and occurred in hominoids 5 million years ago
  - a. Pros to Bipedalism: efficiency for smaller size, frees hands to carry things, see over tall vegetation for hunting, much more efficient cooling of the core
  - b. Cons to Bipedalism: 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 bipedal 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
15. Quick Kinesiology
 

Ankle flexion: Dorsiflexion	Ankle flexion: Plantarflexion
Inversion/Supination (pes cavus)	Eversion/Pronation (pes planus)
Whatever foot does, leg does opposite	
Weak feet can yield to _____ including weak pelvic floor	
Peroneals	
16. Anchoring Stability:
 

- a. Ankle Peroneals and Foot Muscles themselves
  - b. trilogy: Pelvic Floor Muscles, Gluteals, and Transverse Abdominus
  - c. The tongue
17. Looking at clients' shoes (heels) for:
18. Balance and gait require ankle training, plus:
19. In-Line Walking in training is functional because:
20. International: Greek history: Running as Fast as Phidippedes and "marathons." Chinese history: parks in China with cobblestones



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

III. PRACTICAL:

3 Components of any Balance Experience: 1. strength  
2. balance/proprioceptive sensorial training. 3. flexibility & mobility, and Slower Foot Strike/Gait is a progression of exercise and can increase propensity to fall

1. SEATED:

- a. Ankle/Foot WarmUps with rotation: flexibility and mobility in horizontal plane
- b. Ankle/Foot WarmUps with heel and toe lifts: strength in sagittal plane
- c. Ankle/Foot WarmUps with eversion and inversion: strength in the frontal plane with minimal knee movement
- d. Toe “fans” picking up and placing down toes individually as appropriate
- e. “Marble Grabs” with the toes: picking up, putting down, putting between toes, and massaging the bottom of the feet
- f. Self-massage Techniques and myofascial release: heels, transversus arch, pinching behind the Achilles

2. QUADRUPED:

- a. On dorsiflexed ankles: raise knees (as able) and push heels back into passive dorsiflexion (strength and flexibility)
- b. On plantarflexed ankles: stretching the anterior tibialis (flexibility)
- c. Place one foot by outside hand and manipulate inversion, eversion, plantarflexion, and dorsiflexion. Repeat other side

3. STANDING:

- a. Finding ACTIVE FEET on surfaces: stabile floor to labile
- b. “Stand on one leg” w/ vestibular, ocular, and somatosensory challenges
- c. Foot & Ankle Stability: clenching, arching, everting, inverting, with (first) and without (second) knee and hip movement
- d. Heel and Toe lifts: reciprocal and synchronous
- e. “Tight Rope Walking”:
  - a. ARMS OUT, STEP INLINE WITH SPACE BETWEEN FEET
  - b. ARMS OUT, STEP INLINE WITH HEEL TO TOES
  - c. WITHOUT ARMS, STEP INLINE W SPACE BETWEEN FEET
  - d. WITHOUT ARMS, STEP INLINE WITH HEEL TO TOES
  - e. “CATCH YOURSELF” DRILLS W/ AND W/O ARMS
- f. “Step-Outs:” Teacher cues frontal or sagittal plane (side or front) and which foot strike to emphasize: “triad,” “diad,” “heel/calcaneous,” “inversion,” “eversion”
- g. Anything in this section with one eye closed, both eyes “dim,” and/or both eyes closed

4. SUPINE:

- a. Bridging
- b. Bridging with Hip Rocks
- c. Single Leg Bridging: focus on SUPPORTING KNEE STABILITY (8-10 repetitions, 3 sets as appropriate)
- 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: <http://bit.ly/VYI44h>

Final Take-Home Messages

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