

Foot to Core Neuro-Muscular Sequencing

Toe Raises

Sitting or standing, press the big toes to the floor and lift the others, then press the four smaller toes to the floor and lift the big toes.



Open & Close

Sitting or standing open and close your toes.



Short Foot

Sitting or standing with feet straight and hip width, lift and spread toes, then press down without bending the toes starting with the big toe and grip into the floor. Try to feel the medial ball of foot joint that connects the big toe to the foot, press down to the floor also and imagine the forefoot being pulled backwards towards the rear foot. Your foot should literally shorten as the arch lifts. At the same time squeeze the buttocks in, lift the pelvic floor by 'holding in the loo' and slightly pull in your naval standing tall with the crown of the head lifting.



Ball Squeeze & Raise

Standing with a tennis ball sized ball between your feet, just below and slightly behind your ankles, initiate the Short Foot technique and squeeze the ball as you lift the heels as high as you can and return the heels back down.



Short Foot Progressions

Try to perform these exercises as often as possible especially the simple ones like the toe exercises and standard Short Foot. Try practising them in different positions and especially linking the toe press and sole of foot contractions with buttock and core activation. Here is a challenging and vital progression:

Single Leg Stance

Standing with feet straight and hip width apart, slowly shift your weight to one leg whilst activating the Short Foot technique on that side only. Then slowly lift your leg whilst intensifying the technique and keeping the big toe and first knuckle firmly pressing down, try to raise your knee up to a 90 degree angle in your knee, hip and ankle. Then slowly lower the leg back to hip width and repeat on the other leg.