



Test Client

Box of Rocks Foot Stimulation

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Start date	December 27, 2019
Duration	2 weeks

Focus

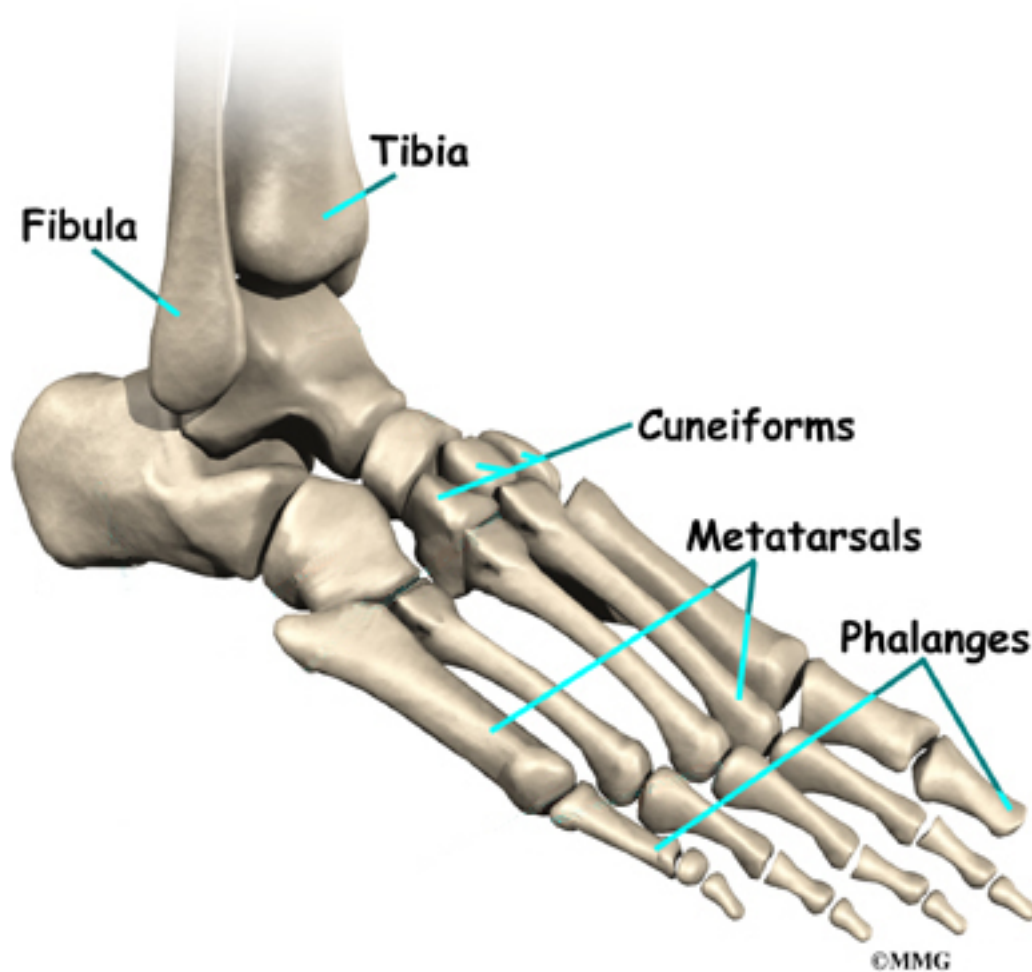
Activate and mobilize the fascia, muscles, and bones of the feet

MASTERING THE BOX OF ROCKS FOR A FIRM FEET FOUNDATION

Did you know that each of your feet have 26 individual bones? That's an amazing 52 bones all together!

This is one of those, "If you don't use them, you lose them" scenarios. Of course, you don't lose your entire foot from typical daily behaviors but what does happen is that when lacking a variety of foot movement patterns at the individual joints, you can lose mobility and flexibility, and that's bad news for not only your feet, but the rest of you body, too. And we haven't even mentioned fascia yet. That's another story. Just know that your feet are the foundation for your whole kenetic chain.

Draft Protocol



Wearing shoes and walking on flat surfaces a lot of the time really creates a lack of mobility in the joints, and that's not so good. So, what should you do? Well, there are many options, like walking barefoot on unlevel surfaces. But that takes agility of the feet, or you could risk possibly falling and injuring yourself (and your foot or ankle), if your brain does not sense what your feet should be telling it to feel and to do. It's a two-way conversation....at least it should be. Foot 'speaks,' brain responds, foot reacts/moves accordingly.

This is an oversimplified explanation of the underused foot joint issue, but hopefully it's a basic understanding of the importance of mobilizing the joints of the feet on a regular basis, like daily.

Here is a simple at-home 'exercise' that you can do for your feet that will stretch it's ability to sense and transmit proper signals to the brain again. So, what do you need? A shoebox sized container or two, some rocks, or you could start with some clean sand, and your feet! That's it!

Ready? Let's give it a try!

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Carefully place your foot into your rocks or sand. I have chosen larger rocks because my feet are very agile. I go barefoot regularly, even in the snow! Yes, that's right. Grounding. But that's another topic. Walking on slopes and rocks and uneven patches will help your feet to respond in a more appropriate way, in the long run. But start slow, and be safe!

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Begin to place as much weight on your foot in the rocks as you can tolerate. Add more pressure if you feel up to it. You can build up your tolerance as time goes on, so don't think you have to be an Amazon woman right out of the gate. To increase the stimuli, you can add larger rocks to the mix or a bigger variety of sizes.

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Stand in the rocks for several mintues, moving the feet into different locations and positions every so often.

Next time around, work your way up in time.

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Balance

If you feel really brave, and your feet don't think you are crazy to try it, lift your other foot off of the ground for balance, as well as to put more pressure on the foot in the rocks.

Two-Footed Option or Double Tasking

If you'd like to work both feet at the same time, you can use two boxes of rocks and do therapy on both feet at the same time!

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**Wishing you Happy, Healthy Feet
and a Box of Rocks to help you get them.**

**Coach Linda
www.fitmehealthy.com**

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