



Why Feet Are Crucial in the Steps Towards Finding Balance and Health By Dr. Edythe Heus

Stressors Create Instability in Our Life and Body

Stress is a major component in most people's lives. Especially over the last year, we have all experienced a major stressor -- that of uncertainty. Not knowing what is going to happen next, how to plan your life, career, travel, special events, etc all adds to our daily stress. This type of constant stress can show up in our bodies in a number of ways, namely within our joints.

When we are under stress, we lose joint stability, and there are a few areas that are more significant than others. The ankles, sacro-iliac (i.e., SI), and wrist joints are the first to suffer the effect of stress. Specifically, the feet contain almost more specialized sensory cells than any other part of our body, and the effect of destabilized ligaments on our feet is monumental. When our feet are not working, we are not receiving an accurate assessment of where our body parts are in relation to one another and where we are in relation to our environment.

In Revolution In Motion, the feet are the foundation of most of our programs. I learned nearly 40 years ago that the quality of someone's life is directly related to the health of their feet. We need to know we can rely on our feet.

Tips for Healthy Feet and a Solid Foundation

Most people do not have feet that they can rely on, and a majority of it is self-imposed. For example, we often accept uncomfortable footwear as being "normal," when in fact it is anything but! Our feet are laced with nerves composed of specialized nerve endings and cells that tell the brain where the body is in space and time. So when we restrain the function of our feet, we restrain our body to communicate with its surrounding environment.

There are many things that you can do to improve the function of your feet. With Revolution In Motion, we incorporate barefoot exercises with specialized equipment. At home, you can also implement a couple of daily practices. One of which is moving your toes throughout a bucket of rice. This will help with developing the sensory input as well as some strength in your toes and arches. Another practice is simply walking barefoot. This should be done slightly pigeon toed, mindful of all of your toes and making sure that they are equally engaged. Try not to just push off with just your big toe, but propel forward with all your toes. How well our big toes works in relation to our other toes helps determine the function of our arches, our knee alignment, our hip alignment, the base of our spine, and our sacroiliac joint stability (which goes on to affect the base of our neck). As you can see, many body parts are involved with the health of your feet.

My simple recommendation is to love your feet, and spend some time wrapping them in shoes that support healthy function (that doesn't mean one with a lot of cushion). Make sure that you're feeling the engagement of your feet when you're walking, and enjoy them!



How Your Feet Affect Your Overall Health

I am reminded daily of the importance of our feet in our overall health and wellbeing. The Japanese have a saying, which is that “all illness begins with the feet.” The Chinese have a similar saying as well, being “that we are buried from our feet up.” Foot reflexology is a valuable treatment in both cultures and it has been used for generations. It is based on the concept that every gland, tissue, body part is represented on the soles of the feet. Pressure applied to the areas of the feet where there is tenderness or pain suggests that there is dysfunction or energy blockage in the meridians associated with those organs and tissues. The subsequent treatment is usually massage or acupuncture, and in the Western World we use our own techniques to reduce tenderness and eliminate dysfunction and blockages.

I deliberately created exercises for the feet in Revolution In Motion. I use many tools, some of which I designed myself to restore health and function to the feet. These exercises eliminate or reduce the tender areas of the feet, thereby restoring function. This translates into improved energy, less fatigue, better digestion, sleep and mood. Not to mention, all Revolution In Motion exercises are complex, involving many tissues and body parts all at once. Although rolling your feet on a lacrosse or tennis ball still remains a useful home exercise to implement, the RevInMo is far more effective in achieving whole body integration.

What Do Healthy Feet Look Like?

I've shared with you a few pointers on the feet and their importance, but I realize, I haven't clarified for you what healthy feet actually look like.

How do you tell if your feet are healthy?

- Number one, healthy feet don't hurt!
- There is no discoloration. The skin in all parts of your foot is pink and you don't have blotches of white or dark colors
- There are no or minimal calluses, and they don't have corns.
- The nails are smooth and pink.
- All your toes are straight. The big toes don't bend towards the second toe, no toes crossed over the other toe, none of the toes curl or bend while standing or relaxing.
- When standing you can actually slide your middle three fingers right underneath your arch. All of your toes are in contact with the floor, with equal pressure felt across the balls of your feet, and the heel pressure should be right in the middle. (Make sure that when you are evaluating your feet that they are straight ahead, hip-distance apart, so ideally your feet are not turning out).
- When walking, make sure you are propelling with the toes. A simple way to evaluate the position of your feet is to step onto a towel, bath mat, or paper bag when getting out of the shower. Generally, it will leave the imprint of your foot there. (I'm going to include a chart below so that you can compare your feet with the feet on the chart.)



In Revolution In Motion we have seen dramatic improvements in our clients' feet. As a result, they have experienced more energy, better balance, more stability, less pain throughout the whole body, and improved body alignment and shock absorption. All of this directly translates to improved athletic performance and injury prevention.



Training with Supportive Tools

About a year ago, before I started doing Revolution In Motion twice a day from teaching the virtual classes, I noticed that the last small bone and joint on my fourth toe in both feet were “sloppy.” I felt like I was constantly tripping over that tiny bone, which seems so insignificant, but for me I knew it was an accident waiting to happen; I didn’t like it. My brain was telling me, “what happened to that joint, where did it go?” because although I still had real estate, it just wasn’t connecting.

Around the same time, I had been looking for tools to help my patients improve the function of their toes while their feet were improving. I ran across one toe separator made of silicone -- it is flexible, rubbery, and soft, and sits right in between your toes. I purchased them (link included below), put them on, and my feet instantly loved them. I could feel every joint of every toe working, and all parts of my foot communicating to one another!

In my experience, I believe the toe separators accelerate the re-education of muscles, fascia, and nerves in your foot, especially in between the long bones and joints of each toe. When using these toe separators, I recommend starting out slowly -- about 15 minutes per day (if it’s uncomfortable, start at 5 minutes). By the third day of use, I was personally able to wear them all day without discomfort (this might also vary amongst people).

Because it is a training tool, the benefits continue long after you take them off. You are going to feel much more grounded. You will feel like you can propel yourself forward, in which your walking will become more efficient, easier, and more enjoyable.

If you purchase them, let us know any and all benefits you experience -- especially during your Revolution In Motion workouts!

Toe Separators link:

<https://www.amazon.com/Separators-Stretchers-Silicone-Spacers-Straighteners/dp/B082G7D45Q>