

MAINZ FOOTSCHOOL

CONCEPT AND TRAINER HANDBOOK

PREAMBLE

Our feet are among the focal points of the human locomotor system. Insole treatment is a mass phenomenon and if it does not lead to the desired success, surgery is often the next step. The fact that the feet are actively controlled and stabilized by muscles often remains largely unconsidered in therapy. By training the foot muscles, unnatural foot statics, the associated chronic incorrect loading and the resulting foot complaints can be actively prevented and counteracted.

The principle of the Mainz foot school is: Help for self-help.

The concept is based on improving the perception and execution of movement. The participants of the course should be encouraged to take responsibility for their body and help themselves with the help of the guided exercises.

The handbook was created to provide a uniform and comprehensible course structure, this ensures more transparency for the participants and thus promotes the credibility of the instructors. In the following you will find the exercises used by the footschool instructors, the concept of the 8-hour basic course and the compact course. It also contains a short summary of the anatomical, physiological and pathological knowledge to be taught. The basic course can be divided into four modules of two hours each. After every second module the participants receive the respective handouts.

The 8-hour basic course

The detailed description of the exercises in bold print can be found in the exercise sheet above.

1. theory/perception:

Our foot, that's what it looks like; longitudinal arch passive

	Duration	Topic	Goals	Contents	Materials
Welcome	10 min	Introduction of the instructors	Explanation of the course procedure, questions about the participants' objectives	Presentation of the individual modules: 1&2: Theory and perception 3&4: Theory and movement control 5&6: Movement control and coordination 7&8: Control during complex movements	Mat and chair per participant
Theory section	15 min	Anatomy and Physiology Hands on!	Knowledge transfer regarding anatomical structures and their physiological function	1. osseous structure of the lower leg and foot 2. joints of the foot 3. muscles of the lower leg 4. the foot as an organ of perception	Foot skeleton, blackboard, flipchart or similar
Warm up	15 min	Podoscope interactive	Illustration of the foot shape and the constitution of different feet	Participants examine their own feet and are taught to judge other feet	Podoscope
Main section	15 min	Passive Spiral	learning the exercise		
Conclusion	10 min	Repeating the warm-up	Consolidation of the contents of the class	see above	mat, chair

2. theory/perception

Our foot, thats what it can do; forefoot and transversal arch

	Duration	Topic	Goals	Contents	Materials
Theory section	10 min	Physiology of the spiral	Function of the foot arches. The interaction of the supporting and moving muscles and their spiral arrangement.	1. mobile functional unit 2. shock absorber function 3. preservation of statics 4. better force development 5. longitudinal arch: stapes (M. Peroneus longus, M. Tibialis anterior) primarily holds the longitudinal arch, can actively straighten it. 6. transverse arch: M. quadratus plantar, Mm. lumbricalis form and stabilise the transverse arch	Foot skeleton, blackboard, flipchart or similar
	10 min	Pathologies of the foot and their subsequent effects	Information about the most common foot deformities, their origin and how they can affect the rest of the body		
Warm up	10 min	Palpation of structures + Passive Spiral			
Main section	10 min	Passive C-bend			
	10 min	Toe Spreading			
Conclusion	10 min	Questions			

3. theory and movement control (practical lesson)

Focus longitudinal arch active

	Duration	Topic	Goals	Contents	Materials
Welcome	10 min	Review of anatomy and physiology	Consolidation of the contents of the previous class	<ul style="list-style-type: none"> - What is the function of the stapes? - What bones is the upper ankle joint made of and what degrees of mobility does it have? - What other functions do the arches have? 	Mat and chair per participant
Warm up	10 min	Passive Spiral			
Main section	15 min	Active spiral with tactile support			
	15 min	Active spiral with Theraband			
Conclusion	10 min	Questions			

4. theory and movement control (theory/practical lesson)

Insoles, Focus cross vault active

	Duration	Topic	Goals	Contents	Materials
Theory section	15 min	Insoles	Information about the benefits of insole therapy	Presentation of different insoles; examples based on the feet of the participants	Foot model, blackboard, flipchart, insole models
Warm up	10 min	Passive C-bend			
Main section	10 min	Active c-bend, suction cup			
	15 min	Active c-bend, marionette			
Conclusion	10 min	Questions			

5. movement control and coordination (practical lesson)

Relaxation; uprighting of the rear foot

	Duration	Topic	Goals	Contents	Materials
Warm up	10 min	Passive leg relaxation			
Main section	15 min	Active spiral with tactile support or with Theraband			
	10 min	Active c-bend, marionette			
	15 min	Heel Plumb			
Conclusion	10 min	Questions			

6. movement control and coordination (practice lesson)

Focus longitudinal and transverse arch in combination with rear foot

	Duration	Topic	Goals	Contents	Materials
Warm up	10 min	Heel Plumb			
	15 min	Knee-Pendulum			
Main section	10 min	Active spiral without aids			
	15 min	Active c-bend			
Conclusion	15 min	Podoscope			

7. control during complex movements (practical lesson)

Increase in performance

	Duration	Topic	Goals	Contents	Materials
Warm up	10 min	Passive leg relaxation			
Main section	20 min	Repetition of the heel plumb with variations			
	25 min	Development of the supporting leg phase			
Conclusion	5 min	Handout			

8. control during complex movements (practice lesson)

revision class

	Duration	Topic	Goals	Contents	Materials
Welcome	10 min	Repetition / Q & A Handout			
Warm up	10 min	Passive leg relaxation			
Main section	25 min	Active spiral without aids			
		Active c-bend, Toe Spreading			
		Active c-bend, marionette			
Conclusion	15 min	Questions			

The compact course: concentrated information

The compact course of the Mainz footschool was created to deliver the content of the 8-hour basic course within one day. It is particularly suitable for people who can't attend an 8-hour course at regular intervals.

The aims of the two course designs are the same, only the sequence and depth of the individual exercises can vary.

The exact description of the exercises in bold print can be found in the exercise sheet above.

Footschool compact

	Duration	Topic	Goals	Contents	Materials
Welcome	10 min	Introduction of the instructors	Explanation of the course procedure, questions about the participants' objectives		Mat and chair
Theory section 1	10 min	Anatomy and Physiology Hands on!	Knowledge transfer regarding anatomical structures and their physiological function	<ol style="list-style-type: none"> 1. osseous structure of the lower leg and foot 2. joints of the foot 3. muscles of the lower leg 4. the foot as an organ of perception 	Foot skeleton, blackboard, flipchart or similar
Warm up 1	15 min	Palpation of structures			
	15 min	Podoscope interactive	Illustration of the foot shape and the constitution of different feet	Participants examine their own feet and are taught to judge other feet	Podoscope
Theory section 2	10 min	Physiology of the spiral	Function of the foot arches. The interaction of the supporting and moving muscles and their spiral arrangement.	<ol style="list-style-type: none"> 1. mobile functional unit 2. shock absorber function 3. preservation of statics 4. better force development 5. longitudinal arch: stapes (M. Peroneus longus, M. Tibialis anterior) primarily holds the longitudinal arch, can actively straighten it. 6. transverse arch: M. quadratus plantar, Mm. lumbricalis form and stabilise the transverse arch 	Foot skeleton, blackboard, flipchart or similar

<i>Practical section 1</i>	10 min	Pathologies of the foot and their subsequent effects	Information about the most common foot deformities, their origin and how they can affect the rest of the body		
	10 min	Passive spiral			
	10 min	Passive C-bend			
	10 min	Toe Spreading			

Break time 12:00 - 13:00

	Duration	Topic	Goals	Contents	Materials
Repetition 1	10 min	Review of anatomy and physiology	Consolidation of the contents of the previous class	<ul style="list-style-type: none"> - What is the function of the stapes? - What bones is the upper ankle joint made of and what degrees of mobility does it have? - What other functions do the arches have? 	Mat and chair per participant
Theory section 3	10 min	Insoles	Information about the benefits of insole therapy	Presentation of different insoles; examples based on the feet of the participants	Foot model, blackboard, flipchart, insole models

<i>Practical section 2</i>	10 min	Active spiral with tactile support		
	10 min	Active spiral with Theraband		
<i>Practical section 3</i>	10 min	Active c-bend, suction cup		
	10 min	Active c-bend, marionette		
<i>Questions 1</i>	20 min			

Break time 14:30 - 15:00

	Duration	Topic	Goals	Contents	Materials
Warm up 2	10 min	Relaxation of the muscles			
<i>Practical section 4</i>	10 min	Active spiral with tactile support or with Theraband			
	10 min	Active c-bend, marionette			
	10 min	Heel Plumb			
<i>Practical section 5</i>	10 min	Knee-Pendulum			
	10 min	Active spiral without aids			

<i>Practical section 6</i>	10 min	Active c-bend, toe spreading with lumbrical-grip		
<i>Practical section 7</i>	10 min	Development of the supporting leg phase		
<i>Questions 2</i>	10-20 min			