

Mainz Footschool - Basic course

Dear participants,

Through appropriate training (strengthening, improvement of mobility and coordination) you can actively prevent chronic bad posture and associated pain.

This handout provides you a selection of basic exercises. Repeat these regularly, because only that way can you achieve change.

We wish you great success!

PASSIVE SPIRAL

Goal	Starting position	Execution
<ul style="list-style-type: none">• Mobilization of the longitudinal arch.• Improving the sensory perception of the foot, both during the exercise and afterwards.	<ul style="list-style-type: none">• Sitting on the chair or the floor.• Angle of 90° between the lower leg and foot.• The foot is held in both hands.	The heel is fixed and the forefoot is twisted spirally inwards and downwards.



1. The heel is fixed.



2. The forefoot gets twisted around the axis of the third toe inwards and downwards.

ACTIVE SPIRAL

Goal	Starting position	Execution
<ul style="list-style-type: none"> • Training of movement coordination, improvement of the perception of movement. • Beginning of strengthening the stabilizing muscles. 	<ul style="list-style-type: none"> • Sitting on the chair or the floor. • Angle of 90° between the lower leg and foot. 	<ul style="list-style-type: none"> • Exercise A: Tactile stimulation under the metatarsophalangeal joint of the big toe. • Exercise B: Resistance through Theraband. <p>->The direction of movement is in a spiral downwards and inwards.</p>



Exercise A: Tactile stimulus application, spiral movement



Exercise B: 1st Theraband passively lifts the metatarsophalangeal joint of the big toe.



2. Direction of movement against the resistance of the Theraband

PASSIVE C-BEND

Goal	Starting position	Execution
<ul style="list-style-type: none"> • Mobilization of the transverse arch. • Improvement of the perception of the foot, both during the exercise and afterwards. 	<ul style="list-style-type: none"> • Sitting on the chair or the floor. • The foot is held in both hands, the thumbs rest on the back of the foot. 	The transverse arch is bent upwards in a C-shape.



1. Hands are placed on the forefoot.



2. Forefoot gets moved in a C-shape.

ACTIVE C-BEND / MARIONETTE

Goal	Starting position	Execution
<ul style="list-style-type: none"> • Training of movement coordination, improvement of the perception of movement. • Beginning of strengthening the stabilizing muscles. 	<ul style="list-style-type: none"> • Sitting on the chair or the floor. • Palm for visualization parallel to the foot. 	The transverse arch is actively raised with "long toes".



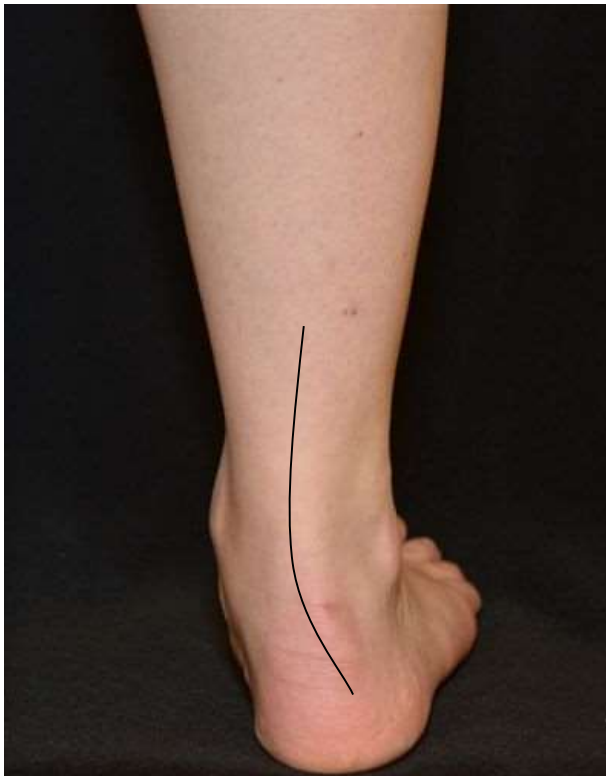
1. Hand is positioned over the back of the foot.



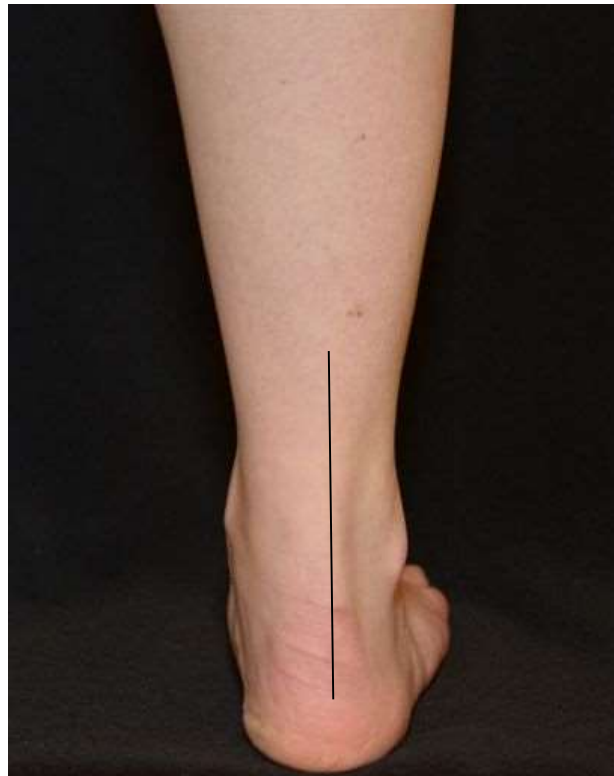
2. Transverse arch is actively raised.

HEEL-PLUMB

Goal	Starting position	Execution
<ul style="list-style-type: none">▪ Active alignment of the heel bone to prevent the inner side of the foot from sinking.▪ Improvement of perception.	Standing	<ul style="list-style-type: none">▪ Heel is actively aligned.▪ Achilles tendon runs vertically.



1. Passive stance, the ankle sinks down, the longitudinal arch is flat.



2. Active heel-plumb, the ankle bone rises and the longitudinal arch adjusts itself.