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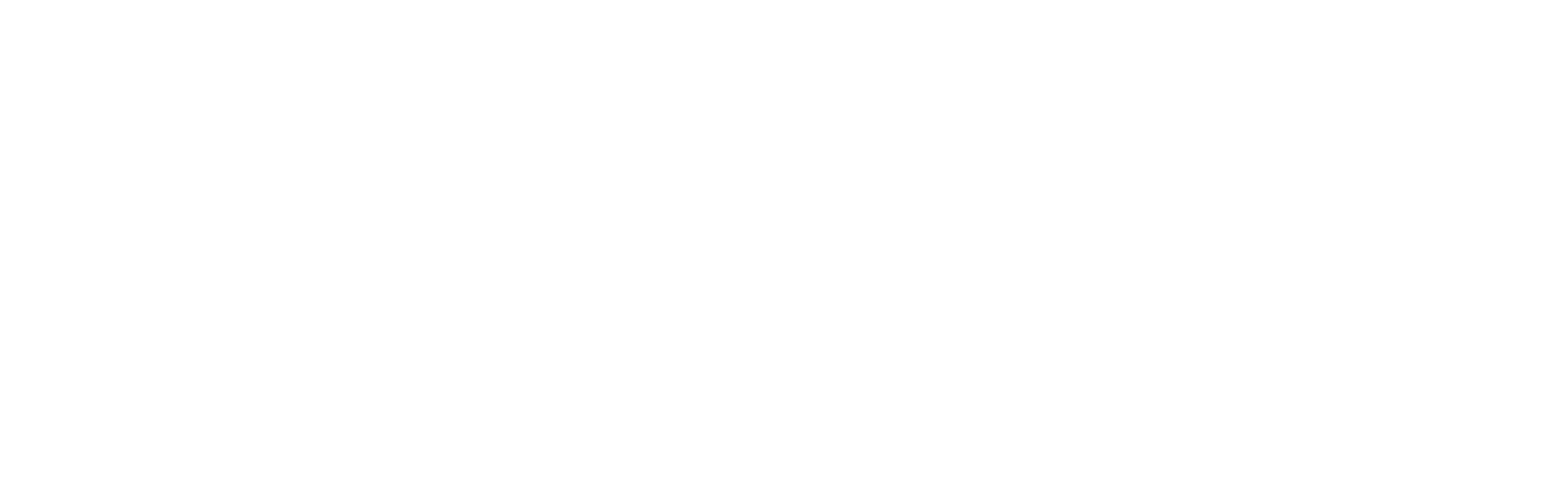












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Hold this stretch for at least 30 seconds. Repeat 3 times. Note: This will also help loosen up any stiffness in the ankle joint. See also: 10 Effective Soleus Stretches. c) Lateral Structures (Target Muscles: Peroneal, Extensor Digitorum, Lateral Ligaments) Instructions: Whilst sitting, place your ankle on top of your other knee. Place one hand on top of the ankle and the other on the forefoot. Whilst anchoring the ankle joint down, pull the fore foot towards you. Aim to feel a stretch on the out side of the ankle. Hold for 30 seconds. Repeat 3 times. If there are tight knee/ankle/foot/joints that are encouraging the foot to adopt an overpronated position, consider performing the following exercises. a) Tibial Internal Rotation Instructions: Sit down on a chair. Have your hips and knees bent at 90 degrees. Keep your foot flat on the floor. Turn your shin bone inwards. Use your hands to firmly grasp the top of your shin bone. Keep your knee completely relaxed. Use your hands to turn your shin bone inwards. Perform 30 repetitions. You can perform this exercise with the knee bent at different angles. b) Dorsiflexion With Band Instructions: Attach a resistance band to a stationary object behind you. Lace the band around your ankle. The band should be below the Malleoli (bumps on sides of the ankle). Assume a lunge position with your ankle on a bench. (see above) Make sure that there is a firm amount of tension in the band. To increase tension, move forward so that you are further away from the anchor point of the band. Lunge forward. Do not let your arch collapse as you bend your knee forwards! You may feel a: Blocking sensation at the front of the ankle joint and/or Stretch at the back of the heel/calf region Repeat 30 times. c) Hind Foot Mobilization Instructions: Whilst sitting, place your ankle on top of your other knee. Cup the heel with one hand, and place the other hand on top of the ankle. Perform a wiggle motion on your heel bone in a up/down direction. Continue for 30 seconds. d) Mid Foot Mobility Instructions: Whilst sitting, place your ankle on top of your other knee. Hold onto the front half of the foot with both hands. Proceed to twist the front half of the foot clockwise/anti-clockwise. Continue for 30 repetitions. e) Cuboid Mobilization Instructions: Place a massage ball underneath the cuboid bone. Stand up right. Hold onto something for balance. Lean your body weight into the massage ball. Perform 30 repetitions. How to rebuild arches in flat feet: We need to strengthen the muscles that will encourage the arch in your feet. This is namely the action of the Tibialis Posterior, Tibialis Anterior and plantar foot muscles. The MOST important exercise to fix Flat Feet I call this the "king" of all foot exercises. It is the fundamental exercise that all other exercises are based on. You need to learn how to do this correctly! Don't rush it. 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Try to incorporate the short foot activation in everything that you do! The more you do it, the better you will get! - Any questions?... Leave me a comment down below. - Follow me on Facebook. (Let's keep in touch!) - Do the exercises! Disclaimer: The content presented on this blog post is not medical advice and should not be treated as such. It is not intended to be used as a substitute for professional advice, diagnosis or treatment. Use of the content on this page is at your sole risk. Seek medical guidance before starting any exercise and/or implementing any recommendation. For more information: Medical Disclaimer. Flat Feet is a type of foot posture which involves the collapse of the inner arch of the foot. As a result - the bottom of the foot is in complete contact with the floor. Also referred to as: Pes Planus, Fallen arches, Overpronated feet. (It is the exact opposite to having high arches.) 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However - If you are experiencing any pain as a result of the fallen arches, you can use an orthotic to help reduce your symptoms. Keep in mind - I recommend to only use them for a short period of time so that your foot muscles do not become dependent on it. (Note: The end goal will always be to rely on your own muscles to support your foot arch.) Although the exercises mentioned in this post will help regain the foot arch, I would also recommend that you address other areas of your posture that may be contributing to the development of the flat feet. a) Anterior Pelvic Tilt Anterior Pelvic Tilt is where the pelvis is in a forward rotated position. This can orientate the whole leg in a position of internal rotation which can lead to the collapse of the foot arches. For a complete guide on how to fix this issue: See Post: Anterior Pelvic Tilt b) Knee Valgus Knee Valgus is when the knees collapses towards the midline of the body. This knee position can lead to overpronation of the foot. 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See Also: 7 Simple Gastrocnemius Stretches. b) Soleus Instructions: Assume the lunge position. Bend the ankle at the front as much as you can by lunging forward. Aim to feel a deep stretch in your calf muscle. Hold this stretch for at least 30 seconds. Repeat 3 times. Note: This will also help loosen up any stiffness in the ankle joint. See also: 10 Effective Soleus Stretches. c) Lateral Structures (Target Muscles: Peroneal, Extensor Digitorum, Lateral Ligaments) Instructions: Whilst sitting, place your ankle on top of your other knee. Place one hand on top of the ankle and the other on the forefoot. Whilst anchoring the ankle joint down, pull the fore foot towards you. Aim to feel a stretch on the out side of the ankle. Hold for 30 seconds. Repeat 3 times. If there are tight knee/ankle/foot joints that are encouraging the foot to adopt an overpronated position, consider performing the following exercises. a) Tibial Internal Rotation Instructions: Sit down on a chair. Have your hips and knees bent at 90 degrees. Keep your foot flat on the floor. Turn your shin bone inwards. Use your hands to firmly grasp the top of your shin bone. Keep your knee completely relaxed. Use your hands to turn your shin bone inwards. Perform 30 repetitions. You can perform this exercise with the knee bent at different angles. b) Dorsiflexion With Band Instructions: Attach a resistance band to a stationary object behind you. Lace the band around your ankle. The band should be below the Malleoli (bumps on sides of the ankle). Assume a lunge position with your ankle on a bench. (see above) Make sure that there is a firm amount of tension in the band. To increase tension, move forward so that you are further away from the anchor point of the band. Lunge forward. Do not let your arch collapse as you bend your knee forwards! 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You should feel a contraction in your arch through movement. Return to starting point. Repeat 30 times. Progression: Instead of stepping to the front, try stepping in different directions whilst maintaining a strong short foot contraction. d) Single Leg Balance Instructions: Balance on one leg. Activate the short foot. Gently tap your other foot on the ground around your body whilst maintaining the short foot contraction Do not let your arch collapse. Continue for 1 minute. To progress: Reach and tap your foot further away from you. e) Single Leg Squat Instructions: Balance on one leg. Activate Short Foot throughout this exercise. Perform a single leg squat. Do not let your arch collapse. Perform 10 repetitions. f) Foot Lean Instructions: Stand with your feet shoulder width apart. Activate short foot throughout exercise. (see above) Keeping your legs straight, lean your whole body forwards from the ankles. You will need to dig your toes into the ground to prevent you from falling forward. You can do this in front of a wall if you feel you are going to fall forward. Use your feet/toe muscles to prevent yourself from falling and return to the starting position. Repeat 10 times. The entire human race has forgotten how to use their foot muscles! We have absolutely no idea how to properly co-ordinate, control and move our feet. This is a big problem for Flat Feet! Why?... Because the muscles that control your feet also play a huge role in the support of the foot arch. Try out these 2 exercises to get your brain connecting to your foot again. a) Alternate Toe Lift Instructions: Position 1: Lift up only your big toe whilst pushing the other 4 toes into the ground. Position 2: Push your big toe into the ground whilst lifting the other 4 toes. Transition smoothly between these 2 positions. Keep your foot still. Your toes should be the only thing that is moving. Repeat 30 times. b) Toe Spread/Squeeze Instructions: Position 1: Spread all of your toes. (without bending your toes or moving your foot) Position 2: Squeeze all of your toes together. (without bending your toes or moving your foot) Transition between these 2 positions. Repeat 30 times. Your big toe is more important than you think... especially when it comes to fixing Flat Feet (Pes Planus) during walking. It is CRUCIAL that your big toe has: The ability to extend backwards Adequate strength The combination of these 2 factors will help engage and lift of the medial arch of the foot. Without sufficient big toe function, the foot is forced to compensate with overpronation (rolling inwards)... resulting in Flat Feet. a) Big Toe Stretch Instructions: Place the big toe onto a door frame. (see above) Lean your foot into the wall to create a stretch of the big toe. Hold for 30 seconds. Repeat 3 times. b) Big Toe Activation Instructions: Assume a lunge position. (see above) The foot at the back will be the side targeted. Make sure that your big toe is extended back as far as possible without compromising the alignment of your foot. Push the tip of your big toe into the ground as you point your foot against the ground. Place as much of your body weight onto the back leg that you can comfortably tolerate. Return your weight back to the ball of the foot. Repeat 20 times. Orthotics are inserts which are placed in your shoe. It's function is to provide an external support to lift up your fallen arches. ... Sounds good, right? However... The main issue I have with orthotics is that it makes your already weak foot muscles even weaker. You can become reliant on the orthotic without giving your foot muscles any real chance to self-correct the problem. If you are considering getting an orthotic for your Flat Feet, please consider doing the exercises FIRST. However - If you are experiencing any pain as a result of the fallen arches, you can use an orthotic to help reduce your symptoms. Keep in mind - I recommend to only use them for a short period of time so that your foot muscles do not become dependent on it. (Note: The end goal will always be to rely on your own muscles to support your foot arch.) Although the exercises mentioned in this post will help regain the foot arch, I would also recommend that you address other areas of your posture that may be contributing to the development of the flat feet. a) Anterior Pelvic Tilt Anterior Pelvic Tilt is where the pelvis is in a forward rotated position. This can orientate the whole leg in a position of internal rotation which can lead to the collapse of the foot arches. For a complete guide on how to fix this issue: See Post: Anterior Pelvic Tilt b) Knee Valgus Knee Valgus is when the knees collapses towards the midline of the body. This knee position can lead to overpronation of the foot. For a complete guide on how to fix this issue: See Post: Knee Valgus c) Duck Feet Posture Duck Feet Posture is where the feet naturally point outwards. This foot posture may predispose the ankle and foot to roll inwards. For a complete guide on how to fix this issue: See Post: Duck Feet Posture Remember: Do your exercises... every day! Try to incorporate the short foot activation in everything that you do! The more you do it, the better you will get! - Any questions?... Leave me a comment down below. - Follow me on Facebook. (Let's keep in touch!) - Do the exercises! Disclaimer: The content presented on this blog post is not medical advice and should not be treated as such. It is not intended to be used as a substitute for professional advice, diagnosis or treatment. Use of the content on this page is at your sole risk. Seek medical guidance before starting any exercise and/or implementing any recommendation. For more information: Medical Disclaimer.