

FLEXIBLE FEET



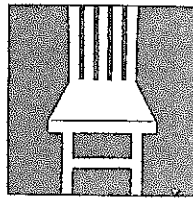
Langston J., fifty-two, had been a mail-carrier for over fifteen years. In spite of being physically active, his feet, legs, and back ached daily, his posture had become hunched over, and his body was visibly tilted to the right. We gave Langston the basic Relaxercise program. Within a few weeks, his posture was more upright and symmetrical, and he had gained significant relief from his muscular discomfort.

If our bodies had been designed to stand still we would probably not have feet. We would more likely have a wide, solid base of support, like the base of a statue. But our bodies are marvelously designed for movement and instead of having a wide, solid base of support, we have feet. It is the narrowness and flexibility of our feet that makes movement so easy. Made up of twenty-six small, movable bones, our feet efficiently support the weight of our entire body.

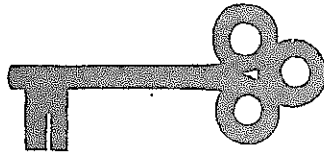
Thousands of years ago, our ancestors walked much more than we do today, and they walked on a much greater variety of surfaces: shifting sand, rocky slopes, sun-baked earth, and so on. Their feet had to be strong and flexible in order to adjust to the different surfaces beneath them. But today, most of us live in cities and use our feet in very limited ways. When we walk, the surface beneath us is almost always flat, hard, and unyielding. We choose our shoes to match our clothing instead of provide us with maximum stability and flexibility. Slowly but surely, our feet lose some of their natural agility. They become stiff and support our body's weight less efficiently. This inevitably has an adverse effect on our posture.

"Flexible Feet" will help restore the natural flexibility of your feet. Your posture will improve and your stability will increase, so that every movement you make can be freer and easier.

FLEXIBLE FEET



You will need a hard or firmly cushioned chair or seat.

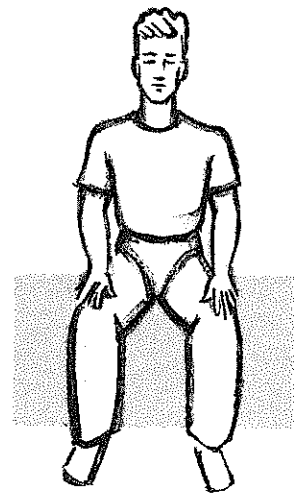


Use the Relaxercise Keys

- Go slowly.
- Make each movement small and easy.
- Relax as much as you can.
- Rest briefly after each movement.

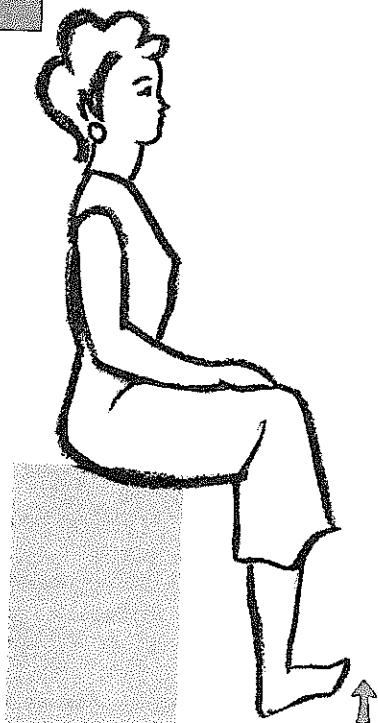
STARTING POSITION

You can do this exercise while wearing shoes, but for maximum effectiveness, remove your shoes before you begin. Sit on the forward part of your chair or seat and rest your hands on your thighs. Rest your feet flat on the floor, shoulder width apart, directly below your knees.



repeat each movement 4 to 8 times

1



Very slowly lift the forward part (the toes and ball) of your right foot slightly. Then return to the starting position and rest.

- Keep your heel on the floor.
- Don't stretch. Lift the forward part of your right foot **very** slightly.
- Relax your right foot and leg as much as possible.
- As you lift the forward part of your foot, feel the slight movement in your right knee and hip joint.
- Breathe freely.

2

Very slowly lift your right heel slightly. Then return to the starting position and rest.

- Keep the forward part of your foot on the floor.
- Use as little muscular effort as possible.
- Make each movement small and easy.
- As you lift your heel, notice whether the pressure moves more toward your big toe or your little toe. Try to spread the weight evenly.
- Notice how the movement in your ankle affects your knee, leg, and lower back.

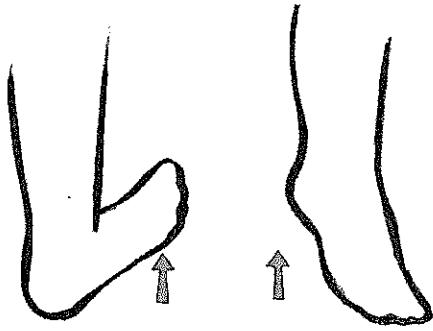


pause to rest after each movement

repeat each movement 4 to 8 times

3

Alternately: lift the forward part of your right foot slightly; then return to the starting position, and relax. Then, lift your heel slightly—and then return to the starting position and relax.



- Go slowly. Make each movement smooth and relaxed.
- Relax your back and chest.
- Feel the slight movement in your right knee and right hip.
- When you lift your heel, your pelvis may tilt forward slightly, and when you lift the forward part of your foot, your pelvis may tilt back slightly.



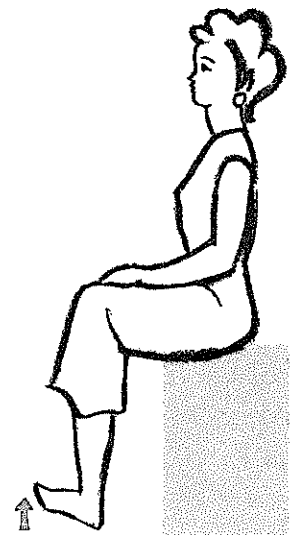
And now, rest for a moment.

- Feel how your right foot is resting in closer contact with the floor.
- Does your right foot feel more relaxed than your left foot?

4

Very slowly lift the forward part of your left foot slightly. Then return to the starting position and rest.

- Keep your heel on the floor.
- Relax your left foot and leg as much as you can.
- Feel the slight movement in your left knee and hip joint.



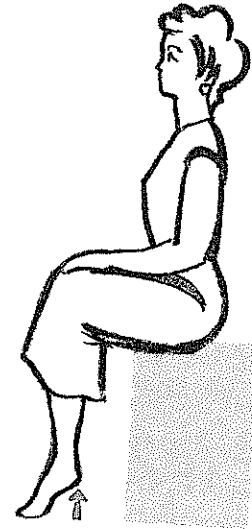
don't stretch or strain

make each movement slight and easy

5

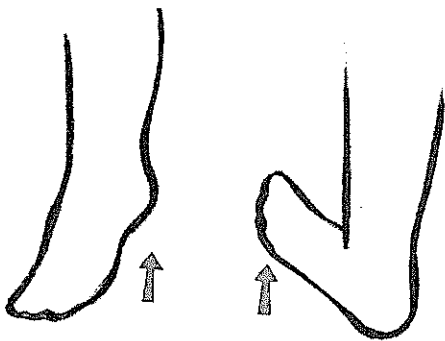
Very slowly lift your left heel slightly. Then return to the starting position and rest.

- Keep the forward part of your foot on the floor.
- Relax your left leg.
- Do not strain your foot or ankle.
- Notice whether more pressure moves toward your little toe or your big toe. Try to spread the weight evenly.
- Feel how the movement in your ankle affects your knee, leg, and lower back.



6

First lift the forward part of your left foot slightly, then return to the starting position and rest. Next, lift your left heel slightly, and return to the starting position and rest.



- Go slowly. Make the movement smooth and continuous.
- Relax your back and chest.
- Feel the slight movement in your left knee and hip.
- When you lift your heel, your pelvis tilts forward slightly. When you lift the forward part of your foot, your pelvis tilts back slightly.



Rest for a moment.

- Is your left foot resting in closer contact with the floor?
- Does your left foot feel more relaxed?

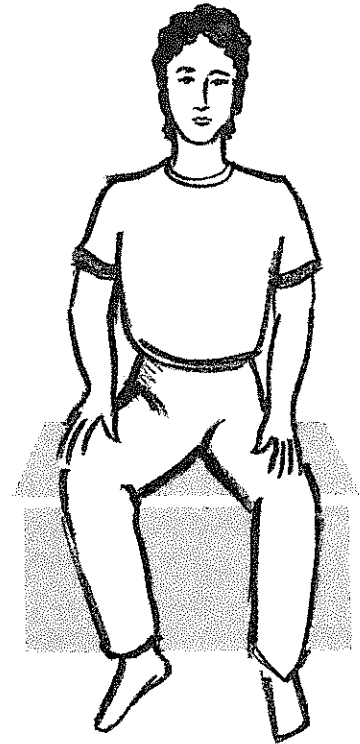
feel the difference! and then continue . . .

make each movement small and easy

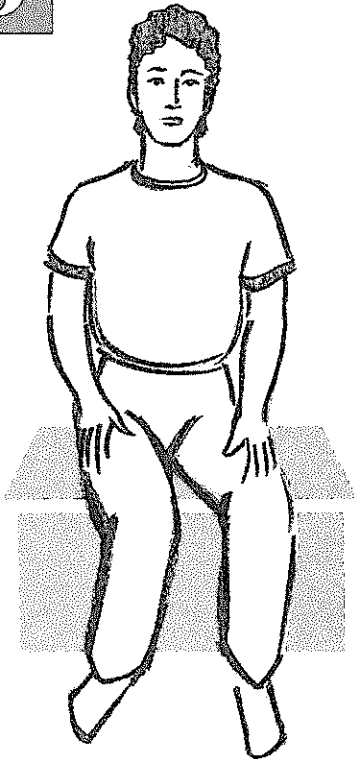
7

Slowly lift the inside edge of your right foot slightly. Then return to the starting position and rest.

- Relax your toes, ankle, and leg.
- To make it easier, lift the weight of your left buttock slightly, while lifting the inside edge of your right foot. As you lift the weight of your left buttock very slightly, your weight will shift toward your right buttock.
- Feel your foot's weight roll to the outside edge.



8



Slowly lift the outside edge of your right foot slightly. Then return to the starting position and rest.

- Relax your left foot and leg.
- Feel your foot's weight roll to the inside edge.
- Notice how your right knee moves a little to the left.
- To make the movement easier, lift the weight of your right buttock slightly, while lifting the outside edge of your right foot. As you lift the weight very slightly your weight will shift toward your left buttock.

relax after each movement

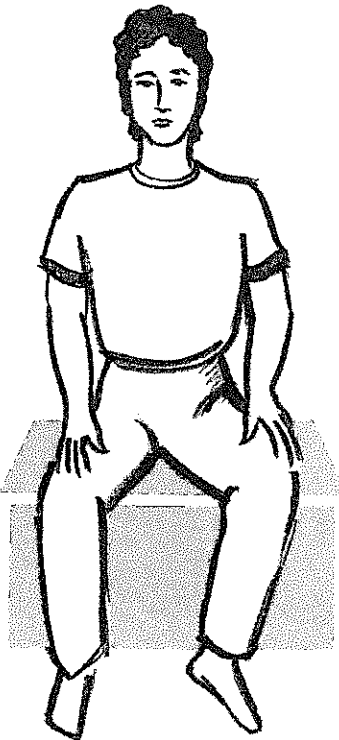
go slowly so your muscles can relax

9

Alternately lift the inside edge of your right foot slightly so your foot's weight rolls to the outside edge. Then return to the starting position, and lift the outside edge of your right foot slightly so your foot's weight rolls to the inside edge.

- Relax your right foot and leg as much as possible.
- Breathe freely, so your chest and spine can move easily.
- Notice that your right knee moves to the right and left a little.
- Notice that your pelvis shifts right and left a little.
- Keep your knee still and see what happens. Is the movement easier or more difficult?

10



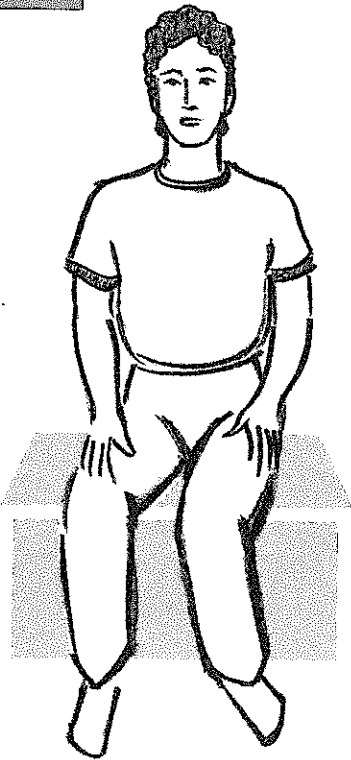
Very slowly lift the inside edge of your left foot slightly. Then return to the starting position and rest.

- Feel the weight of your foot roll to the outside edge.
- Relax your foot, toes, ankle, and entire leg.
- Notice that your left knee and thigh move to the left slightly.
- To make it easier, lift the weight of your right buttock slightly, while lifting the inside edge of your left foot. As you lift the weight of your right buttock your weight will roll toward your left buttock.

exhale with each movement

relax your leg, ankle, foot, and toes

11



Slowly lift the outside edge of your left foot very slightly. Then return to the starting position and rest.

- Feel the weight of your foot roll toward the inside edge.
- Notice your left knee moving to the right slightly.
- To make the movement easier, lift the weight of your left buttock slightly, while raising the outside edge of your left foot. When you lift the weight of your left buttock a little, your weight will roll toward your right buttock.

12

Alternately lift the inside edge of your left foot slightly so your foot's weight rolls to the outside edge. Then return to the starting position and lift the outside edge of your left foot slightly so your foot's weight rolls to the inside edge.

- Go easily. Don't stretch or strain your foot.
- As you alternate, your left knee and your pelvis move a little, from side to side.
- Keep your knee still and see what happens. Is the movement easier or more difficult?

repeat each movement 4 to 8 times

make each movement smooth and comfortable

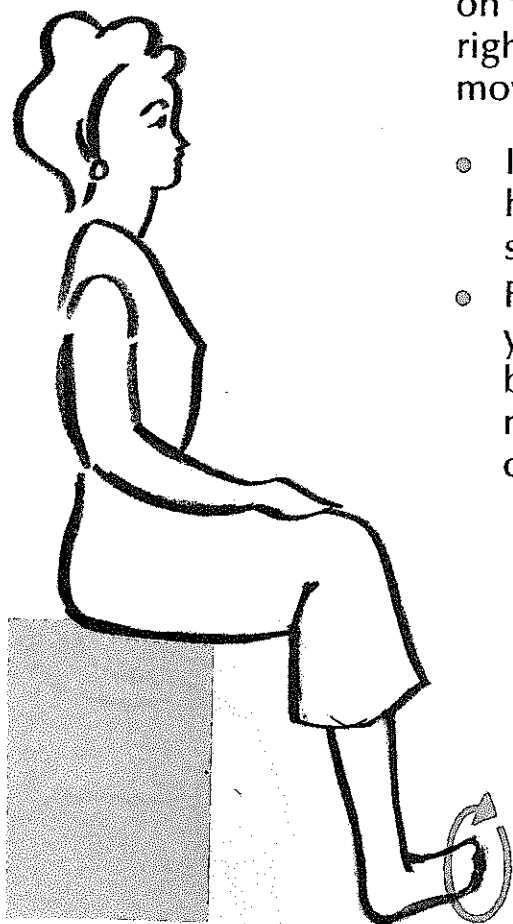


And now, rest for a moment.

- Feel how relaxed your feet are!
- Feel how comfortably they are resting on the floor.

13

Move your right foot forward on the floor 4 to 6 inches. Then lift the forward part of your right foot very slightly. Keep your heel on the floor. Rotate the forward part of your right foot slowly in a clockwise circular movement.



- Imagine your big toe is moving the hand of a clock around its dial, very slowly.
- Feel the slight circular movement in your right hip joint, pelvis, and lower back. Let your whole body—your back, neck, chest, and shoulders—join the circular movement.

rest whenever you like

rotate slowly 4 to 8 times

14



Now, change direction: Lift the forward part of your right foot very slightly. Keep your heel on the floor. Rotate the forward part of your right foot, slowly, in a counterclockwise circle.

- Relax your entire body.
- Notice that the slight circular movement in your right hip joint, lower back, and pelvis has changed direction.



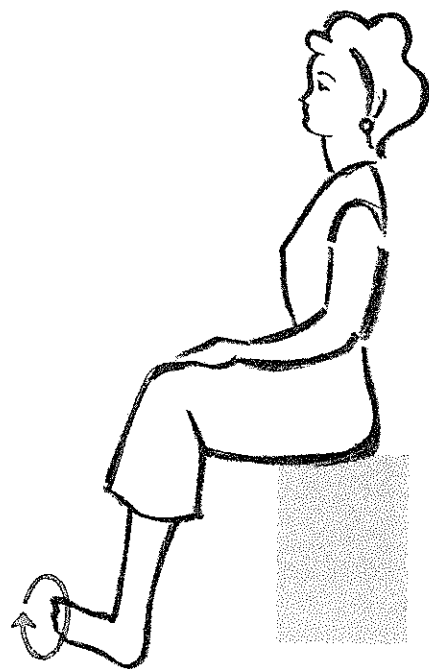
And now, rest.

- Feel the difference in your right foot!

15

Move your left foot forward on the floor 4 to 6 inches. Then lift the forward part of your left foot very slightly. Keep your heel on the floor. Rotate the forward part of your left foot, slowly, in a clockwise circular movement.

- Imagine your big toe is moving the hand of a clock around its dial.
- Relax your leg, ankle, foot, and toes as much as possible.
- Feel the slight circular movement in your left hip joint, pelvis, and back.
- Let your whole body—your back, neck, chest, and shoulders—join the circular movement.



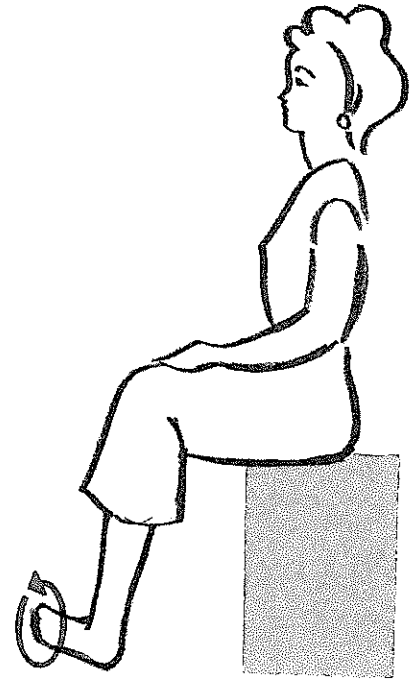
stop to rest whenever you like

go slowly

16

Now change direction: Lift the forward part of your left foot very slightly. Keep your heel on the floor. Rotate the forward part of your left foot, slowly, in a counterclockwise circle.

- Notice that the slight circular movement in your left hip joint, lower back, and pelvis has changed direction.



And now, rest.

Feel the improved contact between your feet and the floor. Feel how relaxed your entire body is!

You have completed "**Flexible Feet.**" When you stand up and walk around, notice how relaxed and balanced your feet, legs, and hips are. Feel how securely your feet are supporting you.

Enjoy the improvement!