

The Importance of Feet

Our feet have as many joints and bones as our hands and, ideally, have the potential to move almost as much. However, we put them in hard-soled shoes and/or walk on hard surfaces or, worse, put them in high-heeled shoes, and they can no longer function as they are designed to. They become more like flippers. And flippered creatures do not get around easily on land!

The thigh bone is connected to the hip bone...

The foot directs the ankle, which directs the knee, which directs the hip and pelvis, which direct the lower back, which directs the rest of the spine, up to the head, and the shoulders and arms too.

When we walk, whether just pottering around the house, going up and down the stairs, doing the shopping, walking around town or going walking in the hills, it is our feet that are our contact with the ground. Ideally, they read the ground as well as directing the movement of the rest of the body, with every step.

Weak Feet

Weak feet are like driving around in a car with very soft tyres. The weaker the feet, the softer the tyres. The car will feel sluggish and un-coordinated, difficult and unpleasant to drive. The driver won't enjoy taking it out and driving it, and long distances will be tiresome.

Weak feet are very common these days, as a result of footwear choices and sedentary lifestyles.

Stiff Feet

There are also stiff feet - feet that barely move. These are like having a car with over-inflated tyres - the ride is hard and the driver feels every bump. There's just no give. Again, the car may be difficult and/or unpleasant to handle. Long journeys will probably be painful.