

# Change your shoes, Change your life

Presented by Petra Fisher Movement & Anya's Reviews

## Exercise Tips

### Make it simple:

Just follow the exercise classes I recorded for you to learn & practice the foot exercises that will help you adapt successfully to barefoot shoes.

[Class 1 - Foot mobility - 2-3x per week](#) (equipment: tennis ball or rolled up socks)

[Class 2 - Hips & ankles - 2-3x per week](#) (equipment: wedge or step, yoga block)

[Class 3 - Foot rocker - 2-3x per week](#) (equipment: yoga block, optional ball or half roller)

You can also learn the exercises and then make up your own program with the ones that you feel your body needs the most. Aim for for 5-10 minutes of exercises most days of the week during your transition, as well as daily walking in your minimal shoes.

If you're in pain or transitioning out of orthotics, do 10-20 minutes of exercises 5x per week for the first 8-12 weeks then start testing out walking in transitional or minimal shoes. Do the video classes, or choose 3-5 of the following exercises (all in the videos) and work up to doing the recommended amounts. If you feel like this is making your pain worse, back off and try something different! Feel free to email [petra@petrafishermovement.com](mailto:petra@petrafishermovement.com) if you have questions!

Remember - never force anything or keep working through pain - be kind and gentle to yourself! This is not medical advice and you should seek medical advice if pain increases.

## Make it specific:

If you need extra focus on any particular capacity, choose the exercise(s) you need most from this list (they're all in the videos) and work up to doing the recommended amounts for 6-8 weeks or until you get the change you need. See the Body Capacity Goals chart for how to know what to work on.

For example, if you need more big toe extension range of motion, do the foot massage and the active big toe extension exercises as 4-6x per week until your toes get more mobile.

| Exercise  | How much  | Equipment   | Alternative  |
|---|---|---|--|
| Foot massage  | 1-2 minutes per foot, 1x<br><br>5-7x weekly, before walking or other foot exercises   | None  | Roll foot on ball<br><br>( <a href="#">Free Your Feet program</a> )<br><br><a href="#">My fave mobility exercise</a> |
| Active big toe extension  | For more range of motion:<br>1x 2 min stretch, 2-3x push, pull rest<br>push 10-30 secs, pull 10-30 secs, 5 breath rest<br><br>For more strength:<br>2-3x push/pull rest<br>push 10-30 secs,<br>pull 10-30 secs, rest 5 breaths<br><br>3-5x weekly | Floor, wall, ball or half roller                        | Active toe lifts (sometimes called 'toe-ga')<br><br>( <a href="#">Free Your Feet program</a> )                       |
| Calf raise with ball (for stronger arches and improved supination)                          | Work up to 3x 25<br><br>3-4x weekly   | Tennis ball or pair of rolled up socks                  | <a href="#">Pronation drill</a>  |
| Calf raise from fully dorsiflexed to fully plantar flexed (for improved ankle mobility)     | Work up to 3x 25<br><br>3-4 x weekly  | Step, wedge, half roller or other stable raised surface | <a href="#">Calf stretch</a>   |
| Calf raise from fully dorsiflexed to ground level (for ankle mobility & improved pronation) | Work up to 3x 25<br><br>3-4 x weekly  | Step, wedge, half roller or other stable raised surface | <a href="#">Pronation drill</a>  |

| Exercise  | How much  | Equipment                             | Alternative                                     |
|---|---|---------------------------------------|---|
| Single legged calf raise (for foot & calf strength) | Work up to 3x 25 double leg<br>Then work up to 3x25 eccentrics<br>Then work up to 3x 25 per leg<br><br>3-4 x weekly   | None                                  |   |
| Active hamstring stretch                            | 1x 2 minute stretch + 2-3x push/pull/rest<br>30 second 'push' away from stretch (50-80% effort)<br>10 second pull deeper into stretch<br>5 breath rest<br><br>3-6x per week | Yoga block or step                    | <a href="#"><u>Double calf stretch</u></a>      |
| Pelvic list   | Work up to 1 minute hold each side or 20x up and down<br><br>3-5x per week  | None (optional yoga block or step)    | <a href="#"><u>Pelvic listing tutorial</u></a>  |
| Glute bridge  | Work up to 20 each side<br><br>3-5x per week  | None                                  |   |
| Single foot stance                                  | 3x 30 seconds each side<br><br>3-5 per week   | None                                  |   |
| Top of the foot stretch                             | 2-3x 30 seconds each side<br><br>3-5x per week  | None (optional to use something soft) | <a href="#"><u>(Free Your Feet program)</u></a> |

# Body capacity goals for optimal walking & happy feet

Need help figuring out what to work on? I made this chart to help you out! If you're missing any of these key capacities, then restoring that should be your foot exercise priority!

| Key capacity   | Why it matters   | Find Your Footing Exercise to help   | How much do you need   | Source   |
|--|--|--|--|--|
| Toe splay  | Improves foot circulation, allows correct 'toe off' pattern, creates strong arches, decreases risk of bunions, plantar fasciitis and pelvic floor issues                               | Foot massage<br><br>Top of the foot stretch  | Toes - especially big toe - should extend directly out in line with metatarsal bones at rest   | <a href="#">CorrectToes</a>  |
| Big toe extension mobility   | Missing big toe extension forces compensation patterns like over-rotation, frequently contributing to pelvic floor issues, hip, knee & back pain, and bunions.                         | Foot massage<br><br>Active big toe stretch   | 45 - 65 degrees depending on who you talk to (more than 65 degrees is not better)  | Sources:<br>Gary Ward<br>Anatomy In Motion,<br>James Earls<br>Born to Walk |
| Intrinsic foot muscle strength   | Builds resilience, improves adaptation to minimal shoes & decreases risk of injury, improves health of tissues, normalizes loads on plantar fascia                                     | Calf raise variations<br><br>Single foot stance  | Assume 60% more than you have right now  | Source:<br><a href="#">Study on foot strength in minimal shoes</a>         |
| Mobilize midfoot & restore pronation & supination patterns at foot, knee & hip | Optimizes walking mechanics, decreases risk of foot, ankle, knee & hip pain and pelvic floor issues.   | Foot massage<br><br>Calf raise variations (with ball, below ground level)<br><br>Top of the foot stretch | It's not clear how much any person needs - usually more than you have.<br><br>If you have flat feet, you need to work on supination.<br><br>If you have high arched feet, you need to work on mobility & pronation | Gary Ward,<br>Anatomy in Motion  |
| Lengthen & strengthen calves (dorsiflexion mobility) & hamstrings              | Longer, supple hamstrings increase stride length & improve walking efficiency.<br><br>Supple calves & ankle dorsiflexion mobility increase stride length and improves loads to plantar | Calf raise variations<br><br>Top of the foot stretch<br><br>Single foot stance                           | Dorsiflexion range of motion:<br>10 degrees for walking<br>40 degrees is ideal<br><br>Strength goal - about 25 single leg calf raises each leg   | Source:<br><br>Dorsiflexion range of motion:<br>Gait Happens               |

| Key capacity   | Why it matters  | Find Your Footing Exercise to help       | How much do you need   | Source   |
|--|---|--|--|--|
|  | fascia.<br>Ankle dorsiflexion mobility may improve pronation ability  | Active hamstring stretch                 | When stretching - get manual therapy for closing angle pinch | Strength goal:<br><a href="#">Calf raise to fatigue test</a> |
| Hip extension mobility   | Hip extension improves pelvic floor health, decreases stresses on spine & knees.  | Glute bridge                             | 10 degrees of hip extension during walking                   | James Earls  |
| Lateral hip strength & glute strength  | Improves stability (gait efficiency)  | Glute bridge<br>Pelvic list              | 20 single legged glute bridges each side                     | Michelle Edmison   |
| Hips over heels standing/<br>walking pattern   | Optimizes loading on feet, less compression on spine & pelvic floor   | Active hamstring stretch<br>Glute bridge | Can you maintain hips over heels standing alignment?         | <a href="#">More info</a><br><a href="#">Quick video</a>     |
| Other capacities: hip rotation (both internal & external), thoracic rotation, lumbar extension, knee extension | Walking is truly whole body movement - if you're feeling 'stuck' or not getting the results you want consider assessing these capacities too. |  |  |  |