

YOGA/FEET

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Content Outline

I Foot Stretching

- Massage Plantar Fascia Along Midline
- Massage Plantar Fascia Across Lateral Edge
- Massage Plantar Fascia Across Medial
- Massage Underside of Phalanges
- Massage Tops of Phalanges
- Massage Underside of Metatarsals
- Massage Tops of Metatarsals
- Small Muscle Stretching and Opening
- Flexion of the First Phalange
- Extension of the First Phalange
- Flexion & Extension of 2nd - 5th Phalanges
- Lateral Phalanges Stretching
- Massaging Through Phalanges
- Toe Separation Exercises
- Releasing Stiffness in Toes
- Interlacing Fingers Through Toes
- Gentle and Vigorous Massage As Instructed
- Ventral-Dorsal Stretch For Top of Foot
- Squatting And Hip Opening Guided Exercises
- Calf Stretches
 - Standing Soleus Stretch
 - Standing Gastrocnemius Stretch

II Strengthening

- Standing Metatarsal Lifts
- Standing Metatarsal Spread
- Articulated Metatarsal Independence Guided Exercise
- Guided Balance Exercise

Arch Strengthening

- Medial Arch Isolation & Flexion
- Lateral Arch Isolation & Flexion
- Transverse Arch Isolation & Flexion

- Guided Ankle Strengthening Exercise
- Ankle Flexibility Exercise

- Foot Articulation Through Extension of Heel, Ball, Toe
- Metatarsal Contraction
- Whole Foot Plantar Contraction

III Lying Ankle Rotations

IV Walking

- Guided Walking Instruction
- The Natural Way To Walk
- Using Your Foot Properly In Everyday Life

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