

Movement Intelligence

**Solutions for optimal mobility
Self-care strategies for targeted
functional limitations**

The Solution Program

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Based on Feldenkrais approach to somatic Learning

Feet

**Base determines structure,
Adjusting equilibrium and quality of moving**

Functional Background:

The interactive correspondence between feet, at the base, and the structure they carry

The gyroscopic responsibility of the feet for recovering equilibrium from underneath is a constant engagement at top security

The intelligence of the ankles, balls of feet and toes interacting to coordinate each step with multi-dimensional and combinatory adjustability in correspondence to variant surfaces, change of rhythm, force, direction and altered configurations of movement, while bearing full body weight

Deprived by civilizations' under challenging predictable flat floors, as well as tight shoes, which tend to confine natural response and inhibit propulsion potential, modern man's feet are at risk of mechanical deterioration, as well as in shape and health, and need to be shaken off their fixation through re-activating full use of feet in walking as nature meant

Training to re-enact the original role of ankles, ball of feet and toes, in harmony with the rest of the body, while in natural walking, can revitalize feet, as well as relieve their deformation

Improving feet function through remodeling evident proved primal patterns of locomotion: like the winding wave of the amphibian's breast swimming, or the thrust of the foot to the solid ground in the creeping function

Springiness of the foot focused at the hinge between the toes and the ball of foot, as well as involving all small bones of the ball of the foot -- the challenge of upgrading propulsion