

Bulletproof Your Feet

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Session Description

Given that we have over 29 muscles in our feet, there are important daily steps we can take to ensure they stay strong and healthy. Join podiatrist and Naboso founder Dr. Emily as she explores foot function as it relates to strength, mobility, and sensory stimulation.

Pyramid of Foot Health

Activation
Strength
Recovery

Systems of Foot Health

Nervous System
Musculoskeletal System
Circulatory System

Step 1 | Activation

Proprioception
Mechanoception
Autonomic Nervous System

5 Point Foot Activation

Step 2 | Strength

Intrinsic foot strength
Foot to core strength
Foot wedges and foot strength

Step 3 | Recovery

Vibration and circulation
Movement and circulation
Texture and circulation

