



P E A K
CHIROPRACTIC CENTRE

Spinal Essentials

The Standing Solution

Welcome to the Spinal Essentials on **standing**.

Let's recap the 3 main points you need to understand:

1. Posture is about how your body holds you up, not how you hold your body up.
2. Forwards bad, backwards good.
3. Your body moulds to the environment you put it in.

We tend to take 5,000-10,000 steps a day so small differences in footwear can make a big difference to the rest of your body.

Walking can be the most restorative activity you can do if done with the correct shoe setup. Every step you take could be helping you or harming you. If you are doing any exercise from walking to yoga to lifting weights, getting this right will help performance and minimise aches and injuries.



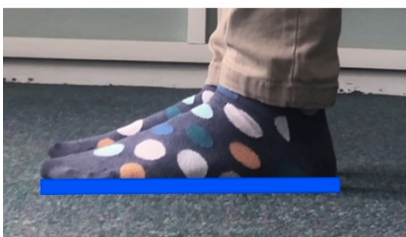
There are 3 things to be aware of in setting up your shoes (in order of importance)

1. Heels Up

The body is a single, synchronised unit, meaning that everything moves together at the same time. When you consider changes to any one part of the body, you must consider any effects that change caused on every other part.

To demonstrate this, we are going to observe what happens to Dr Thorn's body in 3 different positions.

- Neutral
- Heel down relative to the rest of the foot
- Heel up relative to the rest of the foot



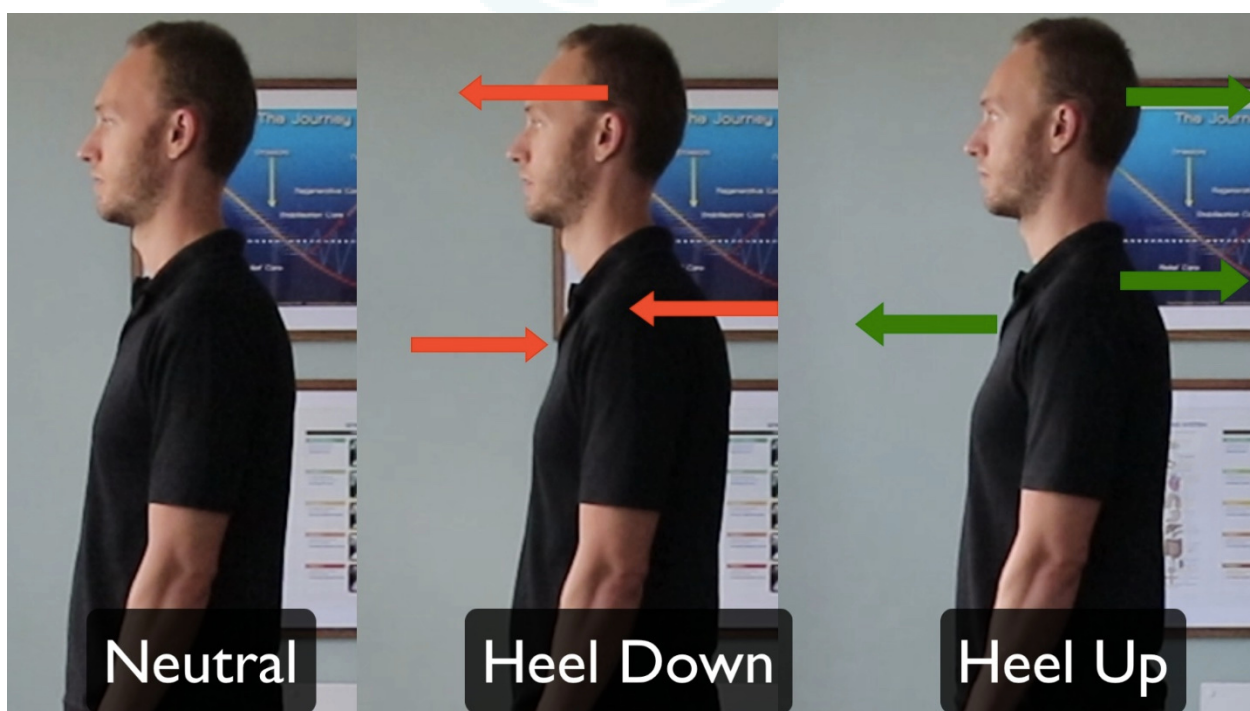
Neutral

Heel Down

Heel Up

Notice how in the **heels down position**, his chest is more caved in and compressed, his shoulders are further rounded forward and his head goes forward relative to the rest of his body.

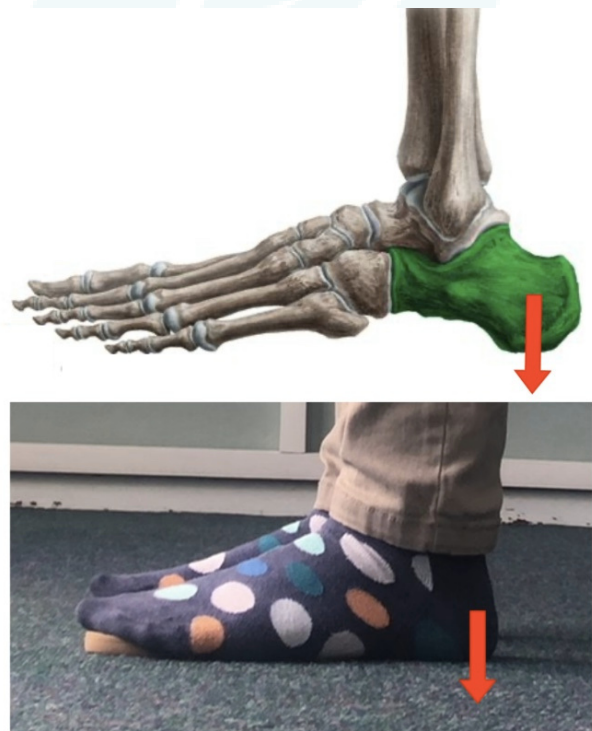
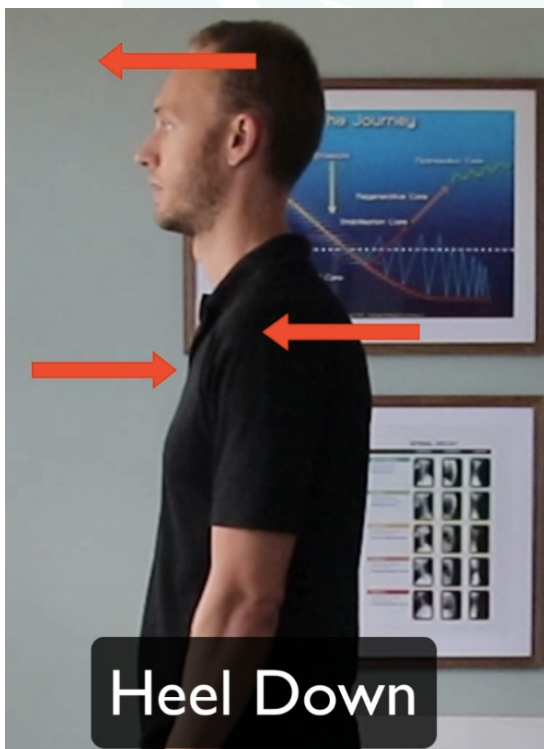
Notice how in the **heels up position**, his head is further back, his shoulders are further back and his chest is more open allowing him to breathe easier.



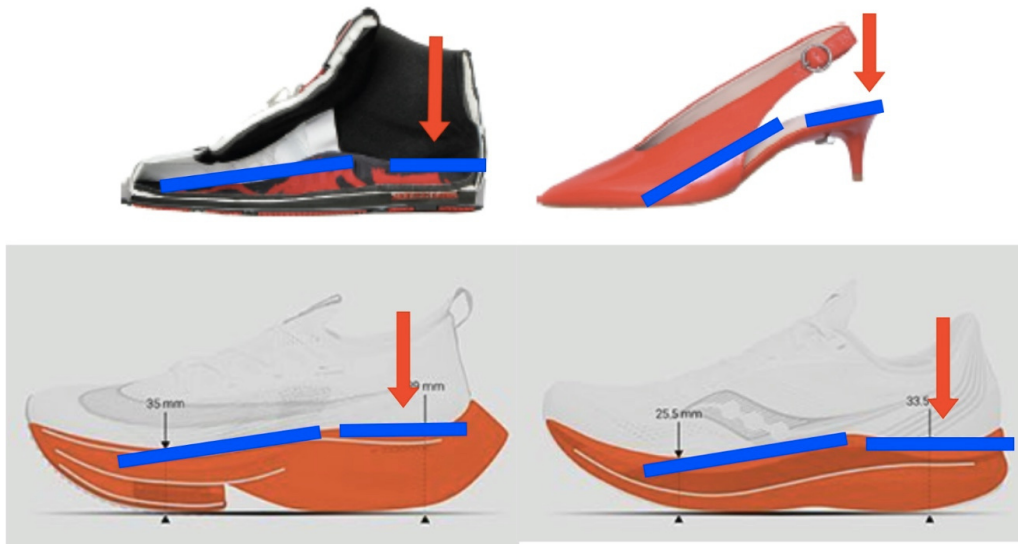
This may seem like a small difference but if you are taking 5,000 - 10, 000 steps a day, this is a **BIG** difference to your health and well-being.

The concept here is very simple and very powerful.

Dropping the heel downward, compared to any other part of the foot, forces the shoulders to roll forward; this compresses your chest making it harder to breathe, it pushes your head forward increasing the tension on your spine and nervous system, creating more pain and less ease.



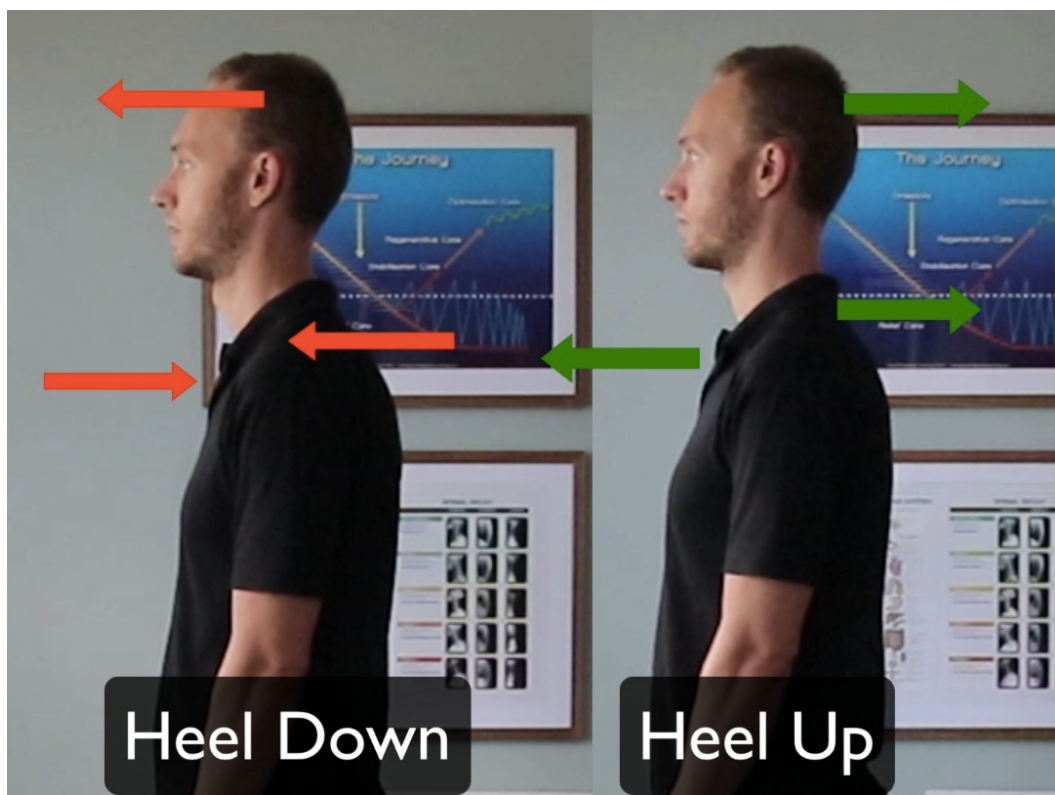
Notice how even though these shoes seem to have a raised heel, they actually allow the heel bone to drop downward relative to the rest of the foot.



Notice too, that slip slops with a soft heel section will do the same.



Ultimately, having your heel drop lower than the rest of your foot will cause tension in areas of your body far removed from your feet, cause you more discomfort and delay your unwinding process.

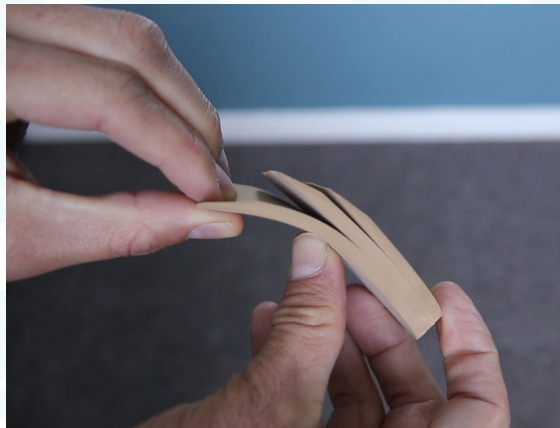


Having your heel raised slightly sets up proper leverage, and supports the unwinding process for greater levels of ease and comfort.

How much heel raise do you need?

No more than 3cm and it is different for each person and different in each shoe.

We have customisable heel wedges that accomplish this for you.



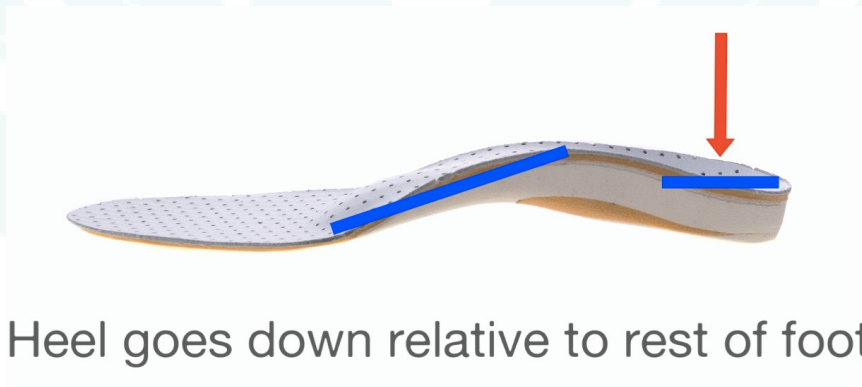
Book your shoe setup appointment so that we can test this for you the first time and then you will be able to do it for yourself from then on.



2. No Arch Support

If you had sprained your ankle, would it be a good idea to place it in a cast for the rest of your life? Would that make your ankle stronger or weaker?

Since the arch in your foot is a dynamic structure, meaning that it is not fixed or rigid, it needs full movement in order to function well. Conventional arch supports, even custom-made ones, do not allow for full movement of your arch. Like a cast on your ankle, they hold things in place, long term.



Heel goes down relative to rest of foot

Traditional arch supports may help people get short-term relief or even shift symptoms from their feet to other areas, but will not fix the problem. They will also limit your body's ability to unwind between visits, recreating your symptoms or leaving you stuck on something that could cause more problems.

Dot Placement

Our experience has taught us that there is a place for very slight correction on the breakdown side of your body. Just like when you are sitting.



This small dot may seem unlikely to do much, but it bolsters your breakdown side more than you would imagine.

3. Wide Toe Box

The key here is that your feet need space to support your body and move correctly.

Restriction to that movement, even just slightly, will add up over the thousands of steps you take a day and set up compensations somewhere in your body, causing problems that might show up in minutes or years.



While barefoot is good and works for a lot of people, realise that some of us have become so compromised, that not only do we need to wear shoes practically, but wearing well set up shoes could actually be better than barefoot for some.

So let's recap

Standing with ease has 3 components:

1. Heels up
2. NO arch support, YES dot
3. Wide toe box

To make things as easy as possible for you to get the best results in the shortest amount of time, we've developed a special range of postural support products to help you.

Consider using the heel wedges and dots to help you on your journey to unwinding and glowing good health.