

## **2.2 – Final Touch on the Foot**

Now that the Metatarsophalangeal Joint can move, we have to put the final touch on the foot. The final touch now requires proper function of the short extensor of the big toe. The short extensors are responsible for bending the joint in your big toe so that the joint between the distal joint actually pops up in the air. This is what creates an arch in the foot. If that short extensor does not function correctly you cannot to direct force through the entire foot. This lack in function leads to massive losses in power and a premature departure from the ground. Furthermore, the disfunction also creates various compensation patterns throughout the entire foot complex as well as creating unnecessary rotational movements. Generation of excessive rotation only aids to produce more compensation patterns in the chain.

What actually happens when the muscles in the feet properly fire is, they shorten the foot and create a contraction through the sole of the foot in turn creating a denser energy packed joint. Without this shortening in the foot, there is a large dissipation of unreturnable energy. Unfortunately, as time has progressed through social evolution today's population, without awareness, has begun to lose and in some cases has completely lost proper function of the foot. This is due to not only the amount of time we spend sitting but is a direct consequence of wearing trendy and poorly designed shoes. Modern shoes too often do not allow for proper toe mechanics. This is coupled with the fact that most shoes are designed to elevate the heel on a foam wedge or places the heel on a solid pedestal. Basic mechanical designs of shoes paired with the decrease in barefoot grounded walking has proven detrimental to gait patterns. Shifts in footwear have caused an even greater pressing need to once again regain proper function in the foot.