



POUR VOUS!
 Double laces can
 ensure your feet are
 fit for purpose

TROUBLE AFOOT

Are your feet and ankles running fit? Podiatrist Nicola Blower (walkrite.co.uk) has three easy tests to help you find out. This month: why you should be able to tiptoe around...

WHY DO IT? This test reflects the foot's ability to supinate, says Blower. After pronation, which helps the foot absorb shocks, the joints need to tick together again in order to provide propulsion.

THE TEST Stand at arm's length from a wall, lightly rest your fingers against it. Standing on one leg, rise onto your tiptoes as far as you can. Hold for a moment and get a friend to assess from behind or take a photo.

WHAT TO LOOK FOR

- ✓** Feet sweep in (turning) towards the other leg. If it doesn't, this could indicate weakness in the tibia's posterior border, along the inside of the arch.
- ✓** Ball of the foot sits flat on the floor. More pressure on the outside of the foot indicates stiffness of the top foot joint and/or weakness of the peroneal muscles along the outside of the arch.
- ✗** The feet should be flat and high off the ground.



HOW TO IMPROVE In your back foot, slowly go up on to tiptoes on both feet, lightly touching a wall for balance. Lift your feet gently upwards towards the outside edge of the foot and bend fully through the big toe joint, keeping the heel of the ball of each foot in contact with the ground. Hold for six seconds. Do 10 reps, building up to three sets per day.