

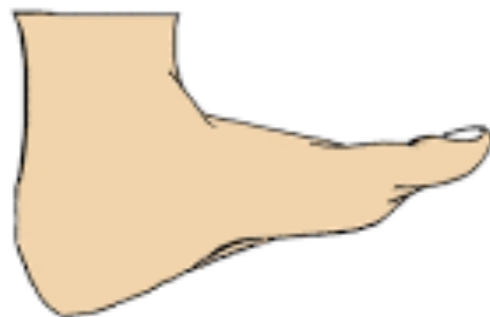
Foot Motion



Do You, Can
You



Dorsiflexion



Normal Range: 20 degrees

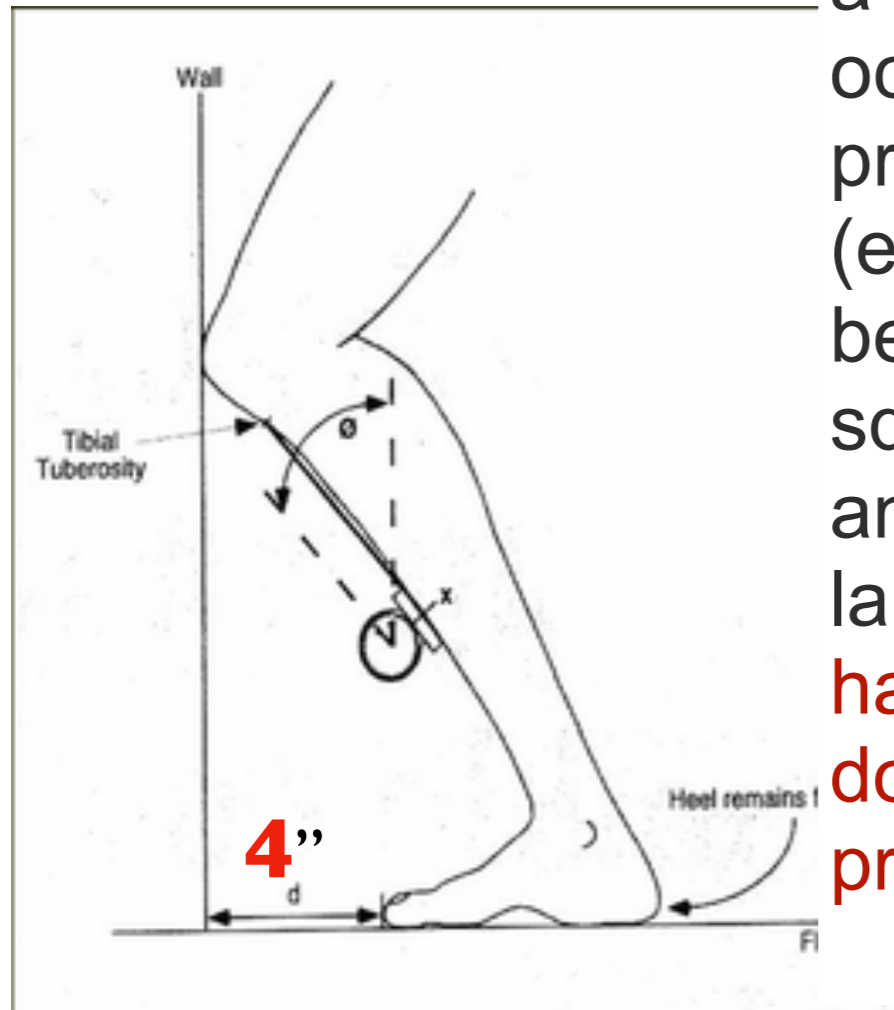
Can you dorsiflex your foot? Dorsiflexion is the action of raising the foot upwards towards the shin.

The ability to dorsiflex with a good degree of motion and strength is important in all types of gait, especially runners. Runners who have limited dorsiflexion ability typically develop lower limb issues like shin splints. The inability to dorsiflex is a sign of lower nerve root problems in those experiencing back pain. You should be able to dorsiflex your toes 20-25 reps without rest. A lack of dorsiflexion causes our trunk to lean forward during functional movements like the squat. This contributes to low back pain. This poor positioning can also inhibit performance in the gym and athletics by limiting our ability to generate power from the hips. Also a stiff ankle/foot doesn't adequately absorb the forces of our daily life and leads to increased forces being transferred up the kinetic chain, which causes problems to the calf, knee, hips, and lower back. **Do you have restricted dorsiflexion? If you do the wellness team can help you design a program.**

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Can you keep your foot flat while trying to touch the wall with your knee when your foot is 5 inches away?

The soles (calf) stretch, which is also the lunge test, offers some useful information. You should be almost able to do this stretch without your foot coming off the floor. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your ankle or calf. Talk to a medical professional about this. Limited ankle range (especially ankle dorsiflexion-where your foot bends up towards your shin, like at the bottom of a squat) affects many of our everyday movements and activities, such as squats, climbing down stairs, landing from a jump, and even walking. **Do you have restricted range of motion of the knee? If you do the wellness team can help you design a program.**



Solving problems before they happen.