

Weekly Training Tips

December 21, 2008

Many people in the fitness industry now know that our position on shoes is summed up in this statement:

"The more expensive the shoe, the dumber the foot that lives in it..."

For many people, this sounds like heresy, but it is based on actual neurophysiology. The truth is that our feet are just like the rest of the body and follow the same "use it or lose it" rule. If all of our work is done by shoes, our feet and then the rest of our bodies suffer from a loss of mobility and subsequent weakness!

So, what to do about shoes? We generally suggest to subject all of your shoes to the **bending test**. Here's how to do it:

1. Grab one of your favorite shoes with both hands and the sole facing the ceiling.
2. Grasp the heel of the shoe with one hand and the ARCH area of the shoe with the other. Make sure when you do this that you are grabbing at the arch and NOT the toes.
3. Now, simply try to bend the shoe in half.
4. If you can, congratulations! You are wearing soft, supple shoes that will allow your feet to move and to take advantage of your new-found foot mobility and strength from your R-Phase practice.
5. If not, time to head to the shoe store!

Keep Moving,

Dr. Cobb

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