

Foot Mobilization with Tool

Key Cue for Alignment: Maintain a tall posture throughout this drill. Avoid rounding your spine—hinge strictly at the hips while keeping a slight arch (neutral-to-extended curve) in your lower back to maximize the tension through the posterior chain.



Seated Setup: Sit on the floor with your legs fully outstretched in front of you

Tool Placement: Position the metal pipe across the sole of your foot, starting down near the heel.

Grip Setup: Wrap the attached rope securely around your hands until you have a firm, tight grip.

Postural Frame: Sit up as straight as possible, pull the pipe taut using both arms, and hinge forward at the hips to engage the stretch.



Ascending Pass (Heel to Forefoot):

Slowly work the pipe back and forth, migrating from the heel all the way up to the ball of the foot (just behind the first metatarsophalangeal joint).

Trigger-Point Treatment: Pausing over any tender or tight spots you encounter along the way to let the tissue release.



Terminal Calf Pumps

Once you reach the forefoot, perform 10 to 15 calf raises (ankle pumps) against the resistance of the pipe.

Descending Pass (Forefoot to Heel):

Slowly work the pipe back down toward the heel, again stopping to treat tender spots as you go.

Dosage & Target Areas

Sets/Reps: Perform 1 to 3 passes per foot.

Target Sensation: When executed with a proper hip hinge and upright posture, you will feel a deep stretch extending through the sole of the foot, calf, hamstring, and into the lower back.

