Rappahannock Foot & Ankle Specialists

PODIATRISTS - SURGEONS

*Restoring Active Fulfilling Lives One Foot At A Time*

# Rappahannock Foot & Ankle Runners'+ Resource

Some useful resources graciously provided at a recent seminars by Sports Medicine Doctor and running enthusiast: Mark Cucuzzella, MD, FAAFP; Professor, Family Medicine, West Virginia University; Lt Col, US Air Force Reserves; Chief Medical Consultant, Air Force Marathon. I've incorporated other useful resources.

1. Dr Cuccazella's new book **Run For Your Life** covers all the topics .The book website under resources has dozens of teaching videos http://runforyourlifebook.com/

2. Website for healthy running - www.naturalrunningcenter.com. go to "Dr. Marks Desk" link for posts on nutrition, training, local stuff, and the joy of running. Watch "Principles of Natural Running" with over 1 million views

3. All of Dr. **Phil Maffetone's** books are gold (Training for Endurance, Big Book Health and Wellness, Big Book of Endurance Training and Racing). www.philmaffetone.com

4. Spend some time on "RunRx" on http://naturalrunningcenter.com/ . The button is along the upper menu – drop down links with Chapters. Lots of drills with run form stuff, endurance, strength, glutes, etc. Much of it in video. The **"Fun Drills"** tab has the dynamics (lunge matrix, sumo, world's greatest stretch) The "Healthy Fuel" has lots of link outs and books to read .

5. US Air Force Efficient Running iphone/android friendly training modules. View these and watch and practice some of the stuff on the videos. Also on this site too with direct access to videos on drills and assessments http://www.efficientrunning.net/

6. This blog has the basic ABCD, burpee, mountain climber, strides, and slow jog . http://naturalrunningcenter.com/2017/03/19/wake-spring-spring-simple-drills/

***Are You Ready For Minimal Shoes*** - assessments and corrections simplified with Jay Dicharry and Mark Cuccazella:

https://www.youtube.com/watch?v=YtICeFOKjIs

http://www.runnersworld.com/barefoot-running/are-you-ready-to-go-minimal#

Jay Dicharry's book "Anatomy for Runners" also great read

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Here is Boston Marathon director Dave McGillvray's video on fitness and health- watch it. Fitness does not mean healthy!  This is from AMAA Boston Marathon Sports Medicine 2014.

https://www.youtube.com/watch?v=AUfK0A-FByA

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Dr Ray McClanahan's presentation on foot strength

https://www.correcttoes.com/foot-help/aapsm16/

Dr McClanahan discusses "Shoe Sizing Techniques: Traditional vs. Natural"

https://www.youtube.com/watch?v=H_IdoW0qt98

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Dr Richard Blake's "foot doming"/ short foot exercise video

https://www.youtube.com/watch?v=GY-mJjXmeIc

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We all want to have healthy feet and this video gives you some simple exercises to help ensure that happens! At SoleFit we feel very strongly that although orthotics, and corrective shoes can be a very valuable part of treatment, they can sometimes come at the expense of our long term foot health when not used properly. The ideal is to use the treatments as short term tools to get better faster, and then ideally to fix the problem for the long term by using these foot strength and mobility exercises.

https://www.youtube.com/watch?v=D1zi39FakI8

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Northwest Foot & Ankle:  The five exercises in this video will challenge your toes and the muscles of your feet to start moving as they were intended. These exercises will help strengthen the arch intrinsic muscles and facilitate the process of aligning and restoring your feet.

https://www.youtube.com/watch?v=r4_d-Ofm0Ac&feature=push-sd&attr_tag=Z4C16eRqXfDO-zyL-6

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Foot Drills while walking the dog.  A strong and functioning foot is non-negotiable for healthy running.

Six Foot positions:  https://www.youtube.com/watch?v=t_dZBeeGRR0

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Brian McKenzie (Crossfit Endurance) and Kelly Starrett, PT (author of the Supple Leopard)

Rebuilding the feet, part 1

https://www.youtube.com/watch?v=ha6ZxfG6Tz8&list=PLKWVoonegr-uPZleSPxUHFIpB0eljK2a_

Rebuilding the feet, part 2

https://www.youtube.com/watch?v=GUHEVWtBlac&index=2&list=PLKWVoonegr-uPZleSPxUHFIpB0eljK2a_

Rebuilding the feet, part 3

https://www.youtube.com/watch?v=4h8uxhXhozY&index=3&list=PLKWVoonegr-uPZleSPxUHFIpB0eljK2a_

The benefits of going barefoot with Brian McKenzie

https://www.youtube.com/watch?v=4lBPWUiyU4g

Feet Are the New Black: Squatting & Pulling
Kelly Starrett, PT

Let's be gentlemen and gentlewomen about this conversation. Let's agree that "knees out" is a red-herring argument about what's really happening at the feet during a squat or pull. Yes, when you push your knees out too far your foot is no longer a foot the same way that your foot is not really a foot when your knees slam together while you stand up that big weight. Let's agree that it's hard to see what's happening at the feet when we are always wearing shoes. We are becoming pretty savvy about spine mechanics during loaded movements. It's time to move down the chain to where the rubber meets the road. Put your ankles into a good shape and keep them there.

https://www.youtube.com/watch?v=TdmJ6UOaSJU&feature=pushfr&attr_tag=bSiAXHmA5Eq0_gMy%3A6

# ***SPAULDING REHAB 8 WEEK FOOT STRENGTHENING PROGRAM***

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|---|---|---|---|---|---|---|---|---|
| Double leg heel raises-flat | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | | | |
| Double leg heel raises-off step | | | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | |
| Single leg heel raises-flat | | | | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | |
| Single leg heel raises-off step | | | | | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | |
| Towel curls | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | | | |
| Toe spreads /squeeze | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | | | |
| Doming | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | | | |
| Doming -hopping in place | | 3 sets of 10 | 3 sets of 20 | 3 sets of 30 | | | | |
| Doming -hopping square | | | 3 sets of 10 forward and backward | 3 sets of 10 forward and backward | 3 sets of 10 side to side | 3 sets of 10 side to side | 3 sets of 10 diagonal and back | 3 sets of 10 diagonal and back |
| Doming-double leg hopping off step | | | | | 3 sets of 10 | 3 sets of 20 | | |
| Doming-single leg hopping off step | | | | | | | 3 sets of 10 | 3 sets of 20 |

A Few things on KBs and Breathing.  Here are 3 favorites.  Diaphragm breathing powerful too.

KB swing

1. Franz Snideman - http://www.youtube.com/watch?v=TNJMGZTmmvg

Turkish Get Up

1. Part 1, Franz Snideman - http://www.youtube.com/watch?v=FiBAUwDtE2k
2. Part 2, Franz Snideman - http://www.youtube.com/watch?v=hNCaTlMinbk
3. Part 3, Franz Snideman - http://www.youtube.com/watch?v=kL7KYgmi6W4

Goblet Squat

1. Part 1, Franz Snideman - http://www.youtube.com/watch?v=h6uwwdeK-tg
2. Part 2, Franz Snideman - http://www.youtube.com/watch?v=swP-YTtFeMg
3. Part 3, Franz Snideman - http://www.youtube.com/watch?v=qudU5NJLtRg

Breathing patterns

1. Patrick ward/boddicker - http://www.youtube.com/watch?v=CK1ZJbFbeyk
2. Perry nickelston - http://www.youtube.com/watch?v=1e_YAdmxdIA

I like the short Egoscue sequence for upper body position and you can do these anytime

| # | Sets | Reps/Duration | Exercise |
|---|---|---|---|
| 1. | 2 | 40 | Standing Arm Circles |
| 2. | 1 | 25 | Standing Elbow Curls |
| 3. | 1 | 0:01:00 | Standing Overhead Extension |

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Some stuff on opening up the hips.  Lawrence Van Lingen's hip sequence:

https://www.youtube.com/watch?v=ylFe7T8fpwk&feature=youtu.be

*Watch several of the videos on his page.  He gets it!

This is good too for hips and glutes.  Try it. Dan John is the Master:

http://www.dragondoor.com/gas_gluteal_amnesia_syndrome--and_how_to_fix_it_good/

**A few other relevant things:**

If you are into podcasts Phil and Mark probably have 100 out there in various places. Here are a few

Endurance Planet Podcast with Dr Phil Maffetone and Dr Mark:

http://www.enduranceplanet.com/dr-phil-maffetone-dr-mark-cucuzzella-be-your-own-health-advocate-at-any-age-minimalist-marathoning-and-more-on-maf-vs-race-pace/

"Healthy Eating with Dr. Mark Cucuzzella" Podcast- chatted with The Nation to help understand the evolution of the American dietary guidelines:
http://trailrunnernation.com/2016/02/healthy-eating-with-dr-mark-cucuzzella/

This TRN podcast links to 15 others

http://trailrunnernation.com/2017/07/can-dr-cucuzzella-run-sub-3-hour-marathons-for-30-years/

This podcast covers some of the running and nutrition stuff too

http://www.nourishbalancethrive.com/podcasts/nourish-balance-thrive/how-run-efficiently-drs-cucuzzella-wood/

this one too

http://marathontrainingacademy.com/nutrition-dr-mark-cucuzzella

UCAN webinar on nutrition

https://www.youtube.com/watch?v=UTfWFVerwVE

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The magic spring of the human foot:
http://www.runnersworld.com/running-form/how-your-arches-make-you-a-faster-runner

Running and Burning Butter

http://naturalrunningcenter.com/2017/03/07/burn-fat-health-performance-better-butter-burner/

The Secrets of Sugar- Must Watch:
https://www.youtube.com/watch?v=MZUet6HXZuA&feature=youtu.be

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Six key reads on Insulin resistance Dr Mark shares with police/fire/DOD conferences

**Conference Handouts (6 to download):**

https://www.specialtyhealth.com/pdf/TeachingDocsNew.html

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Info on TrueForm Runner  motorless treadmill for gait retraining.  **Rehab the gait not the part**:

Dr Mark has lots of videos on the Trueform site

http://trueformrunning.com/

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A little on racing strategy and "butter burning":

http://naturalrunningcenter.com/2017/10/19/semper-fly-run-marine-corps-marathon-2017/

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Important for long endurance events- IRRM guidelines:

http://racemedicine.org/Education-Resources/Forms-and-Guidelines

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Simple but true article on nutrition history:

http://www.theguardian.com/society/2016/apr/07/the-sugar-conspiracy-robert-lustig-john-yudkin

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**Shoespiracy** is shedding light on a 'shoe-shaped' public health scandal. This feet-first short documentary, made in collaboration with Fable Films, is set to challenge you to think differently about your shoes, the negative effects your footwear is having on your feet, the way you move and ultimately your health. Shoespiracy, was made with the some of the biggest brains connected to feet and barefoot science today, including professors, doctors, bio-mechanists, movement experts, opinion formers and cobblers.

https://www.youtube.com/watch?time_continue=2&v=x_rDFa6kZfI

# Kelly Starrett's Runner's Mobility Resource

**Unglue your sticks man (legs):**

https://www.youtube.com/watch?v=Q8vay90655Q

**Extension Dimension (high hip area):**

https://www.youtube.com/watch?v=mNGRadx0Q1M

**Smoking Brakes (Quadriceps):**

https://www.youtube.com/watch?v=fkPLnVU1KOo

**Dehydration Nation:**

https://www.youtube.com/watch?v=tYp1U8-c7h4

**Your Springs (feet muscles and plantar fascia):**

https://www.youtube.com/watch?v=OtUDPe-hF08

**Heel Cord Love (achilles):**

https://www.youtube.com/watch?v=aLj_VkfQzJI

**Medial Chain Business (groin and inner thigh):**

https://www.youtube.com/watch?v=hdz5K2fUTYM

**Hamstring Heaven:**

https://www.youtube.com/watch?v=y0ayugSjKZA

**IT Band and the Kitchen Sink:**

https://www.youtube.com/watch?v=KdHah3xPx6E

**Squat Power:**

https://www.youtube.com/watch?v=OFGbTAR0Xgo

**Brian MacKenzie Warm-up:**

https://www.youtube.com/watch?v=KxKXpJVxxXo