

# THE STANDING PROTOCOL

Getting the most  
out of your shoes



# THESE FEET WERE MADE FOR WALKING



## BIPEDAL BEINGS

Standing on two legs is what our body is designed to do.

Unfortunately, in this modern society we live in, we are all doing a lot less standing. And then when we are standing, we are most likely wearing shoes that are changing the function of our feet creating further issues through the entire body.

## MODERN SHOES

Most shoes restrict natural movement of the bones in your feet altering the feedback to your brain.

High heels are not good for the structure of the body. They do not allow for big toe movement and push your body forward.

TO NOTE: We are not experts in feet. Our main focus is the structure of your body and how that affects your nervous system. If you have a specific foot issue, we recommend you see a podiatrist. If you are unsure if you have a foot issue or where to go next, then we are more than happy to help you find the right person for you.

## THE BASE OF THE BODY

The foot is the body's base of support and should be stable, strong and have proper movement for optimum sensory input to the brain.

The two big parts of your foot we want to acknowledge is the arch and the big toe.

The arch acts as a spring when weight is put onto it. The arches and ankle are designed to absorb the force that occurs when stepping onto the foot.

The big toe is a crucial part for healthy walking movement. It is built to push off of the ground to propel us forward.

# HERE IT IS... THE PROTOCOL

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1. Standing barefoot on flat ground with your weight evenly distributed.

1. Take a deep breath in, breathe out completely, relax all of your muscles and let your body slump to whatever posture is most comfortable and feels most natural.

1. Repeat Step 2. with your shoes on.

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## Signs of a NEGATIVE test

Your shoulders/head/torso roll forward, your breath is short or you feel any discomfort. If this is the case, try the following:

- Remove any insoles
  - March on the spot to reset your stance.
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## REPEAT THE TEST

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## Signs of a POSITIVE test

You are standing upright with minimal slouching, your breath is deep and goes all the way into your stomach and your position is engaging all of your spinal curves without discomfort.

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We recommend a shoe that is flexible, shaped like a foot to allow for full movement of your big toe and thin to allow for as much information back to your brain as possible.

We love shoes from [www.vivobarefoot.com/au](http://www.vivobarefoot.com/au) and [www.rollienation.com](http://www.rollienation.com)

If after doing the protocol you are still rolling forward (even slightly), you may have SUBLUXATION present in your body. If this is the case, check in with one of our Chiropractors from Chiropractic on Unley for a full assessment.

# THANK YOU FOR READING OUR GUIDE FOR STANDING IN SHOES.

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Informed decisions are the best. We don't want you to make your health decisions blindly... after all, you've only got one body! Please check your inbox, our Facebook page, our Instagram or our website at [www.chiropracticonunley.com](http://www.chiropracticonunley.com) to discover more tips and tricks for optimising your body.

If you know others who are using their feet all day please forward this guide on to them. You never know how far reaching something you think, say or do today, will reach and affect the lives of millions tomorrow.

We hope that you are able to find shoes that work with your body. It is important to note that your nervous system controls every cell, tissue and organ in your body and cannot function properly when it is stressed. So, the way you sit everyday may be doing more harm than good.

The time is always right to thrive, so why not call the friendly team at Chiropractic on Unley on 08 82725899 to book your adjustment today.