

# The Foot Collective - Workshop 1.0

We want everyone to leave this course understanding how the foot connects with your hip and why you have so many problems with your feet and ankles.

We want to help you with any issues you may have at your feet, ankles or hips.-to mobilizations that have proven to be successful for our patients and us. These are things you can immediately start or help others to do.

Lifetime access

Money Back Guarantee

14,000+ members

The Workshop 1.0 It is designed to provide a practical understanding:

Footwear

Shoes that are too small can lead to poor foot health.

What are the features of the best shoes?

Feet

They are an important part of the body

Foot Dysfunction

Removing orthotics

Take care of your feet

Restoring a strong arched

Hips

Consequences to sitting

How your hips control what you do with your feet

Functional hip mobility: Restoring and maintaining it

Programing and key hip mobilizations

Training hip stability

## Here's what you'll get in The Foot Collective – The Workshop 1.0

| Name ↑                                                                                                                                                                                               | Owner                  | Last modified                   | File size |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|---------------------------------|-----------|
|  1. Workshop 1.0.ts            | Shareknowledge Digital | Dec 30, 2020 Shareknowledge ... | 1.25 GB   |
|  2.#screenshot _TFC Shop_.pdf  | Shareknowledge Digital | Dec 30, 2020 Shareknowledge ... | 52 KB     |
|  2.1tfc-shop_default.html      | Shareknowledge Digital | Dec 30, 2020 Shareknowledge ... | 88 KB     |