

# Bulletproof Your Feet

Dr Emily Splichal, DPM, MS  
[dremily@ebfaglobal.com](mailto:dremily@ebfaglobal.com)

## Session Description

Given that we have over 29 muscles in our feet, there are important daily steps we can take to ensure they stay strong and healthy. Join podiatrist and Naboso founder Dr. Emily as she explores foot function as it relates to strength, mobility, and sensory stimulation.

## Pyramid of Foot Health

Activation  
Strength  
Recovery

## Systems of Foot Health

Nervous System  
Musculoskeletal System  
Circulatory System

## Step 1 | Activation

Proprioception  
Mechanoception  
Autonomic Nervous System  
  
5 Point Foot Activation

## Step 2 | Strength

Intrinsic foot strength  
Foot to core strength  
Foot wedges and foot strength

## Step 3 | Recovery

Vibration and circulation  
Movement and circulation  
Texture and circulation

