

THE FOOT CORE SYSTEM: A NEW PARADIGM FOR UNDERSTANDING INTRINSIC FOOT MUSCLE FUNCTION

Summary Box (What are the new findings?)

- The foot core system is comprised of interacting subsystems that provide relevant sensory input and functional stability for accommodating to changing demands during both static and dynamic activities. The interaction of these subsystems is very similar to the lumbopelvic core system.
- The plantar intrinsic foot muscles within the active and neural subsystems play a critical role in the foot core system as local stabilizers and direct sensors of foot deformation.
- Assessment of the foot core system can provide clinical insight into the ability of the foot to cope with changing functional demands.
- Foot core training begins with targeting the plantar intrinsic muscles via the short foot exercise, similar to the abdominal drawing in maneuver, for enhancing the capacity and control of the foot core system.