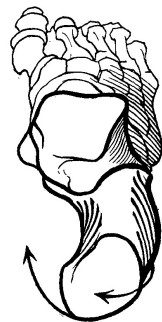


About the Foot and Leg
Some aspects for organizing 'down-orientation'
A three-day workshop with Konrad Obermeier
Prague, 27. – 29. June 2025

The experience of stability and support is relating to the body through gravity and space. This experience is the base for a subjective sense of security and safety in an unpredictable environment. In this way the availability of resources becomes a central aspect for manifesting our potential of action. Together we will look at a few central aspects of 'down-orientation':

“The first thing you do in a second hour is finish the first hour.”
(Ida P. Rolf)

Support is coming from the feet. Meeting the floor - being met by ground.
The anatomy of the foot displays a torsional structure.
The hapticity of the feet empowers competent movement.
Sub-talar adaptation is primary, the Tibio-talar propulsion is a response.



Landing and propelling forward is a 'gestalt' called walking.
Functional inhibition is allowing transitory stability.
Stabilization is a normal physiological activity.
Support from the ground is a subjective resource.

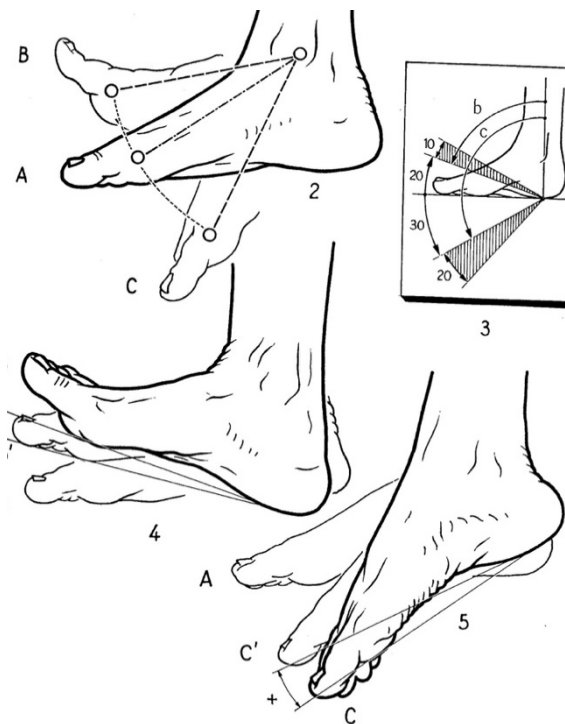
The Workshop will cover:

- 1) *Information - Lectures.*
- 2) *Experience – Embodiments.*
- 3) *Body-reading – Pattern Identification.*
- 4) *And a lot of Hands-on – practical manual techniques.*

In terms of a classical 10-series of Structural Integration we will cover material that is mostly referring to #2.

The territory in terms of anatomy:

Plantar fascia; deep layers intrinsic to the foot; arches: bony and tissues.
Consider: cuboid, calcaneus, talus; compartments of the lower leg with their muscles (anterior, lateral, posterior superficial and deep); remember the idea of a “stir-up”; retinaculum. The neuro-vascular bundle of the leg.
Differentiate muscles from tibia/fibula; interosseous membrane in the lower leg; posterior knee with the crossing of gastrocs and hamstrings;
anterior knee with insertion of quads and IT-band;
superficial dorsum with latissimus and trapezius.



Differentiation of the compartments in the lower legs enables an improvement of function below (sub-talar and tibio-talar) and above (knee & hip).

Competent retinaculae allow smooth movement through the long flexors / extensors.

In movement, a free interosseous membrane widens inferiorly to allow the talus to glide and in dorsiflexion enables the fibula to rise superiorly while the head of the fibula comes anterior.

“The feet and lower legs are critical. You must have support for the parts above. Even more critical is the ankle, and the way those joints fit into each other.” (Ida P. Rolf)