HOW TO USE THE FOOT ARCH *Correctly*

by

Dennis Denlinger

Foreword by

Dr. Gerald Henson

NOTICE

This copy includes the entire book up to the end of Chapter 1. It is issued at no charge as a sample copy to visitors at www.FootArch.com. It is meant for screen viewing ONLY. It is NOT meant for sale, printing by any means, saving to any type of electronic media such as hard drive, floppy disk, CD or any other distribution. Should anyone notice violation of these terms, please contact Dennis: dennis@footarch.com or by mail at P.O. Box 60431, Sacramento, CA 95860-0431
Thank You

Much of the data in this book was first published in
"Muscle 'N Bone"
by
Dennis Denlinger

Library of Congress Number 81-80152

Denlinger's Way
Volume 1
How the Foot Arch Works

Title changed to
How To Use the Foot Arch
Oct., 2000
How To Use the Foot Arch *Correctly*
Nov, 2000

Published by

Dennis Denlinger
P.O. Box 60431
Sacramento, CA 95860-0431
916/485-5119
dennis@footarch.com
www.FootArch.com

Table of Contents

Introduction

Many years ago, when I was about 35 years old, I bought a pair of Earth Shoes. Earth Shoes were unusually designed in that they had a very large area for the toe, a low heel and a high arch ridge just in front of the heel. They were supposed to encourage correct walking. Back then Earth Shoes were highly praised for their comfort. That they are now out of business is not due to a poor product. The company's literature stated that some people could not wear the shoes, whereas others found them very comfortable.

Well, as luck would have it, I was one of those unfortunate souls (pun intended) who could not wear them. My feet hurt tremendously whenever I walked in those shoes. Did I throw them away? Oh no, not bullheaded me. I dug in the heels of my heelless shoes and kept wearing them. I figured that if others were wearing them comfortably and I wasn't, that I was doing something wrong. I set out to learn what I was doing wrong - and I found my answer. It took three months of crippling pain, but I found out what it was. Then I learned how to do it right.

Once I knew what to do, it took three more months of crippling pain to get a very important muscle strengthened enough to do its job right. After that, it took a year of normal daily walking on my job as an engineer for the pain to go away entirely. It took another four years to train my feet to work so well that I could forget about how they were doing and confidently expect that they would continue to work correctly.

Up until I was 35 years old I had flat feet. When I was in grammar school I remember my mother taking me to get arch-support shoes. They obviously did not do one bit of good, as I still had flat feet when I got those Earth Shoes. As I was doing my Boy Scout hiking merit badge, my feet hurt so much that I often thought I would never get a completion.

Later, when I was caddying, my feet would often hurt as I was carrying a golf bag around the course. As a Boy Scout and as a caddy I never connected the painful feet with my flat feet. All of that is gone now. My feet have nice arches. I can walk as far as I wish, even carrying normal loads for my body size, without my feet hurting.

Thankfully, *not everyone* has the problems I did. I once showed a flat-footed lady how the foot arch correctly operates. She went out for a two hour walk and came back beaming with her arch working correctly. So, it *can* be done easily and quickly. How long it would take someone else depends on how bad off it already is and his/her ability to improve.

This data is something everyone should know, no matter how well off their body is. It would best be taught in school with the first health class. Just as an instruction book comes with a car telling how to use it, an instruction book should come with a body. This is part of that instruction book.

Purpose

By learning how to use certain muscles in your feet and lower legs it is possible for you to take control of your foot arches and get them to work right. Not everyone can do this. Some people may have physical damage. Some may not have the perseverance to get over possible upset which can come with re-training the body.

People who have decided to learn what I have to teach in this book, have no physical damage or defects, and work hard at it may be able to re-train their feet to have good arches. It is up to the person him/herself to do it.

Warning

There are laws in most states requiring that health care professionals be licensed as qualified in the field of care which they provide. I have not been licensed as a health care professional. Therefore, I may not give you any advice nor may I promise or offer to alleviate any pain or physical condition. If you feel you need that kind of care, go see a health care professional.

The First Amendment does give me the right of free speech which I am exercising. In this book I am talking freely about my discoveries of how the human body's foot works. I have studied structure in Architecture School and have studied the placement of muscles and bones in *Gray's Anatomy*, a standard medical and chiropractic school textbook. I have experimented on my own body to develop the theories. I have freely spoken to others who have then tried the theories on their own bodies with results similar to mine.

In giving you these data and theories I am doing my best to ensure that you understand what I have to say. It is up to you to evaluate the truth of what I say and whether it applies to you. If you decide to try to apply this data to yourself, it is totally your responsibility. After all, although I do not believe it, I may be totally wrong in what I wrote in this book. Therefore, please heed this warning:

THERE IS NO GUARANTEE, WRITTEN OR IMPLIED, THAT ANY PHYSICAL CONDITION OF ANY KIND WILL BE ALLEVIATED OR IMPROVED BY USING THE DATA INCLUDED HEREIN. THERE IS NOT EVEN A RECOMMENDATION THAT YOU, OR ANYONE ELSE, USE THE DATA INCLUDED HEREIN.

THIS BOOK IS MERELY A REPORT ON THE DISCOVERIES OF THE AUTHOR AND HOW THE DATA WAS APPLIED IN SOME FEW SPECIFIC INSTANCES. THE ACTUAL USE OF THE DATA INCLUDED HEREIN IS DONE ENTIRELY AND TOTALLY ON THE RESPONSIBILITY OF YOU, THE READER. IF YOU WANT HELP WITH A SPECIFIC PHYSICAL CONDITION, GO SEE A LICENSED HEALTH CARE PROFESSIONAL.

Dennis Denlinger

Foreword

by Dr. Gerald Henson, D.C.

Mr. Denlinger has developed a new theory which chiropractors and lay persons should view as basic to maintaining a harmonious body. As our profession has long known, when bones are misaligned there will be disharmony in the body. After a chiropractic adjustment aligns the bones the improvement in harmony in the body improves the overall health and well-being of the patient.

Many practitioners have had the frustrating experience of adjusting a bone just to have it go out of place shortly after the patient has left the office. This has long been a mystery. Mr. Denlinger's theories open the way to a possible handling of this problem.

The discovery that there are certain muscles which, for instance, create the foot arch and that these muscles are voluntary and therefore trainable appears to be very simple. Why didn't someone discover and write of this before? Perhaps we will never know. In any case, it has now been discovered and written about. We can now use the data to help our patients.

To make Mr. Denlinger's theories work we must make the patient a partner in our practice of helping the patient. No longer can the patient rely upon the chiropractor to do it all for him. We have long preached good nutrition and exercise. Now the patient must also be trained in the specific operation of certain muscles to permanently relieve many problems.

This book about the foot arch is only the first of a series of future books to use to teach the patient how to operate his own body to relieve various aches and pains and improve his/her general well-being. It is well written and easy to understand. It can be used in classes given right in the chiropractor's office, which can greatly relieve the doctor's one-on-one time with the patient thus making it possible to help more people.

Many other fields can make use of Mr. Denlinger's information as well. Athletes, dancers, musicians, ditch diggers, housewives and golfers, among others, will greatly benefit from reading and using what he has to say. I heartily recommend it to one and all.

G. B. Henson, D.C.

Please Write

Please write as I'd be interested in hearing from you.

I have developed much more data on how the body operates and in the future will be writing more books like this on various subjects such as the neck, back, shoulders and nutrition. I am available for lectures, too.

If you want a friend to know about this book, send me his/her address and I will have some literature sent out.

The address at which you may write me is:

Dennis Denlinger
P.O. Box 60431
Sacramento, CA 95860-0431
U.S.A.

How to Use This Book

This book is a workbook designed to help you learn in as simple a manner as possible. By answering all the questions and doing all the experiments, examples and drills you have the best chance of really getting all the understanding available.

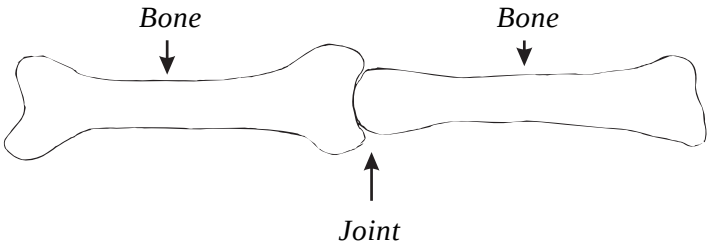
Turn to Chapter 1 (page 10). After reading some data there is something to do. It may be an experiment with your own body or something to write. When you have done it go on to the next item. If you want, you may check the box to help keep track of where you are at.

I hope you enjoy the entire experience and really get and develop the ability to apply the data about the foot arch to your own body.

You may start now.

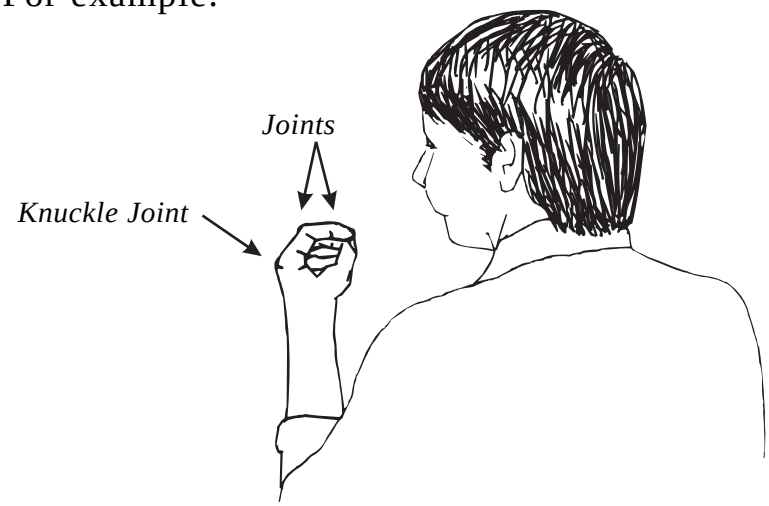
Chapter 1 Basic Data

A **JOINT** is the place where two bones meet. For example:



❑ Circle the joint on this drawing:

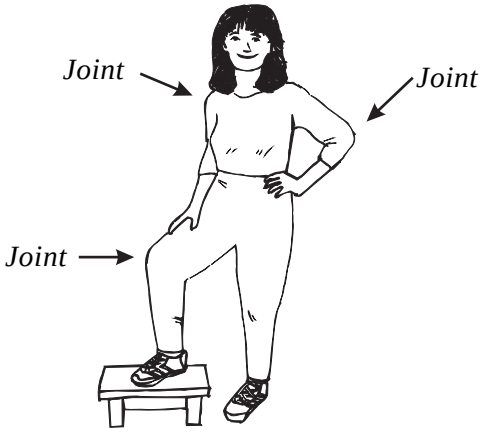
Fingers have joints. For example:



❏ Circle each joint on this drawing:

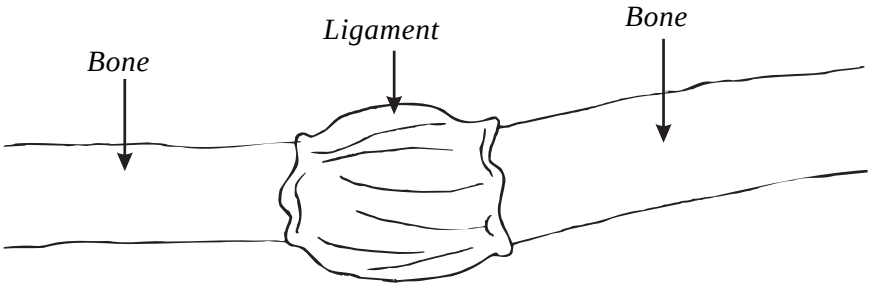
❏ Find some joints in your right hand.

There are many other joints in the body. For example:

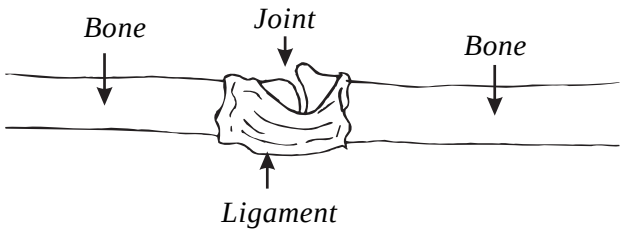


❏ Find a few joints in your body.

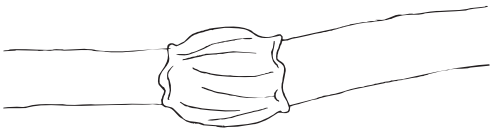
A **LIGAMENT** is a very tough, strong material which holds two bones together at a joint. For example:



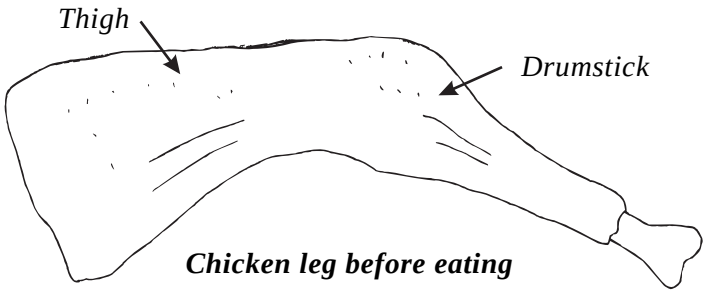
Here is a drawing with part of the ligament cut away so that you can see where the joint is:



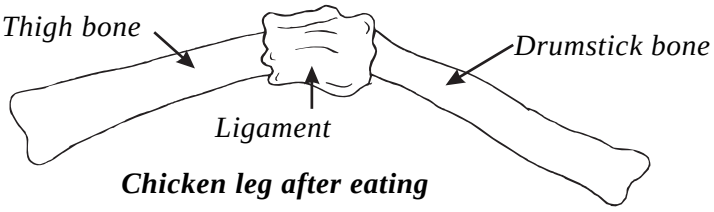
❏ Circle the ligament on this drawing:



You may have seen a ligament on a chicken leg like this:

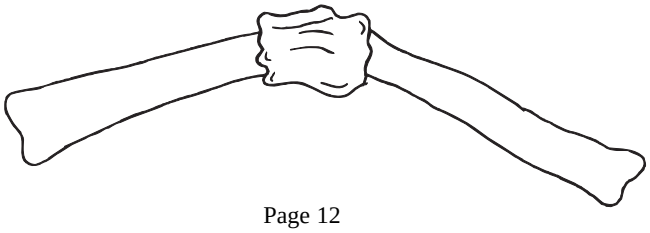


Chicken leg before eating

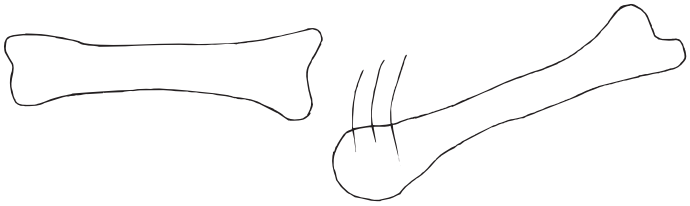


Chicken leg after eating

❏ Circle the ligament on this drawing:



A ligament holds bones together at a joint. Without a ligament, bones would separate.



Bones would separate without a ligament

Bones held together with a ligament

❏ What does a ligament do? _____

_____

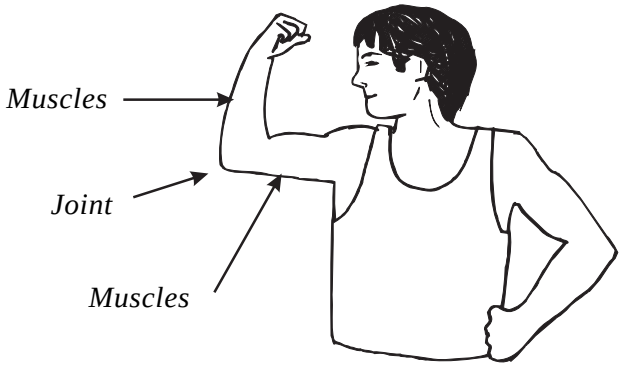
_____

❏ What would bones do without a ligament? _____

_____

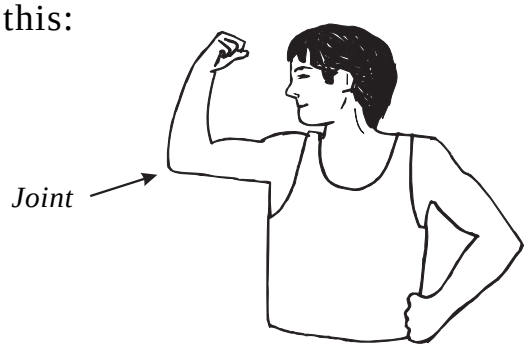
_____

Muscles can also hold bones together at a joint. For example:

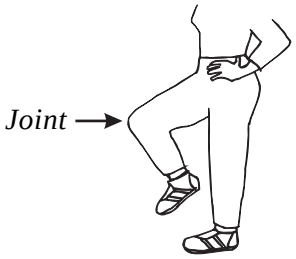


❏ Can muscles hold bones together at a joint?_____

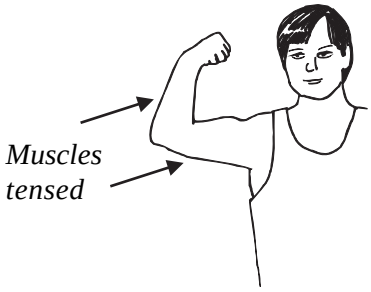
❏ Tense your arm muscles like this:

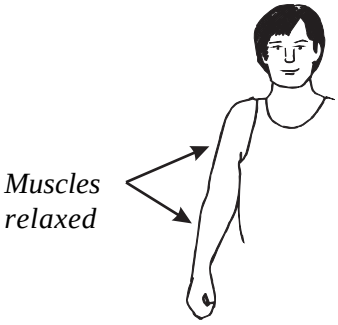


❏ Tense your leg muscles like this:



When the muscles are tensed, the bones are held together with the *muscles*. When the muscles are relaxed, the bones are held together with the *ligaments*.





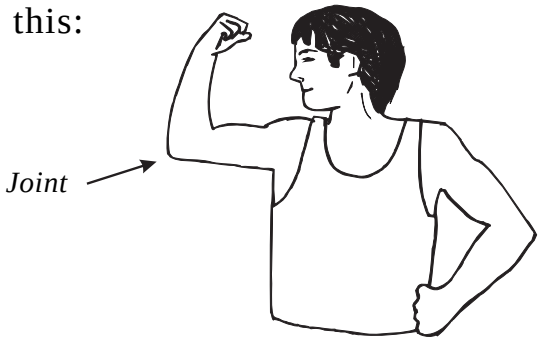
❏ When are bones held together with muscles?_____

_____

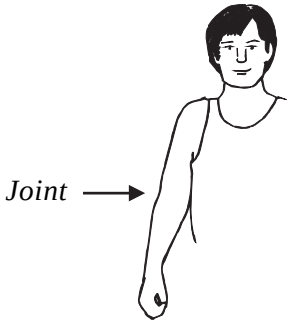
❏ When are bones held together with ligaments? _____

_____

❏ Tense your arm muscles like this:



❏ Relax your arm muscles like this:



❏ What do ligaments do when the muscles are relaxed? _____

_____

❏ Which two things can hold bones together?

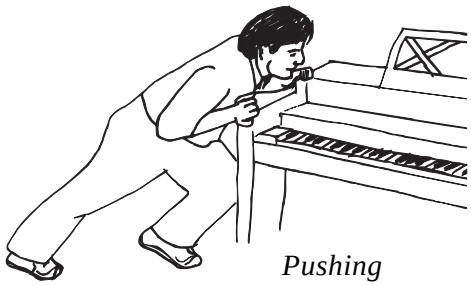
1.) _____ 2.) _____

Muscles move the body around and can move other things around. For example:

Muscles tensed

Lifting

Waving



Pushing

❏ What do muscles do? _____

_____

❏ Give three examples of things muscles do (like running, lifting, etc.):

1. _____
2. _____
3. _____

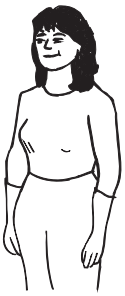
❏ Lift a pencil with your hand while noticing the muscles.

❏ Walk across the room while noticing the muscles.

Ligaments do not move the body around or move other things around like muscles do. Ligaments are only there in case the muscles are not tensed.

Muscles not tensed

Sleeping



Arms relaxed

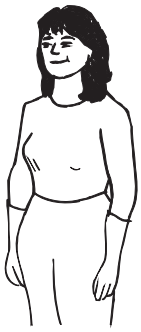
Laying around

❏ Do ligaments move the body around?_____

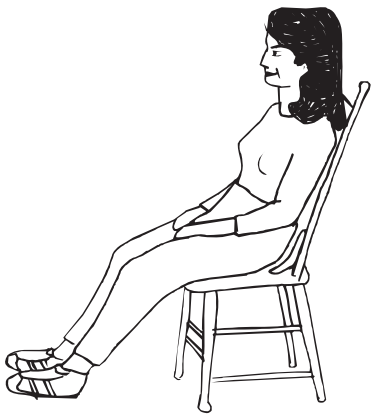
❏ Give three examples of times when muscles are not tensed (like sleeping):

1. _____
2. _____
3. _____

❑ Relax both of your arms like this:



❑ Relax both of your feet in front of you like this:



WHEN MORE LOAD IS PUT ON A LIGAMENT THAN IT CAN HANDLE, THE LIGAMENT WILL STRETCH AND HURT.

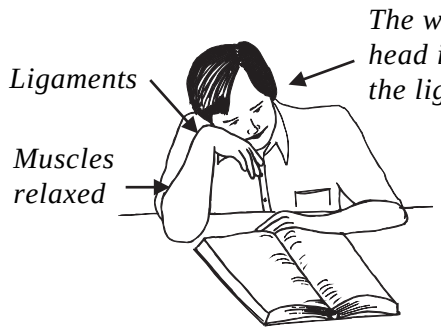
❑ What will happen if too much load is put on a ligament?____

_____

_____

If the muscles *should be* tensed but *are not* tensed, there could be too much load on the ligaments and the ligaments will *hurt*. For example:

Here the weight of the head is too heavy for the ligaments in the wrist.
The forearm muscles should be tensed but are not.



Later, the ligaments will hurt.

❑ What can cause ligaments to hurt? _____

_____

_____

_____

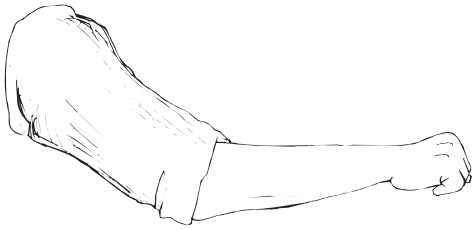
❑ What are the muscles doing wrong if they are making the ligaments hurt? _____

_____

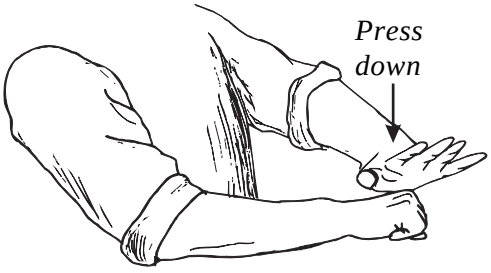
_____

❑ Here is an example of using the muscles *correctly*. Try this:

1. Hold your wrist flat and make a fist like this:

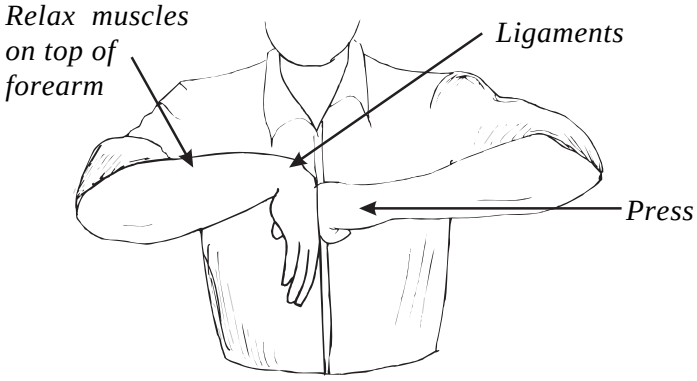


2. Tense your fist *tightly*. Keep doing this.
3. Press down on the top of your hand like this:



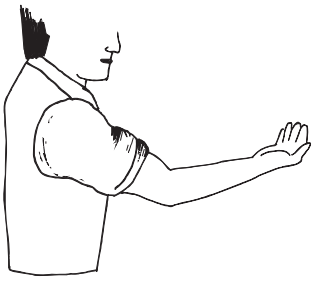
4. Notice that your wrist ligaments do not hurt. This is because your muscles *are* tense like they *should be*.

❑ Do you think the wrist ligaments would hurt if someone relaxed their forearm while pressing against their hand as in the below drawing? _____

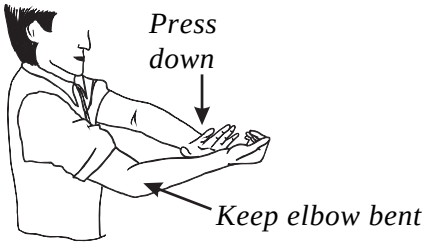


❑ Here is another example of using the muscles *correctly*. Try this:

1. Hold your arm out in front of you with your elbow bent like this:

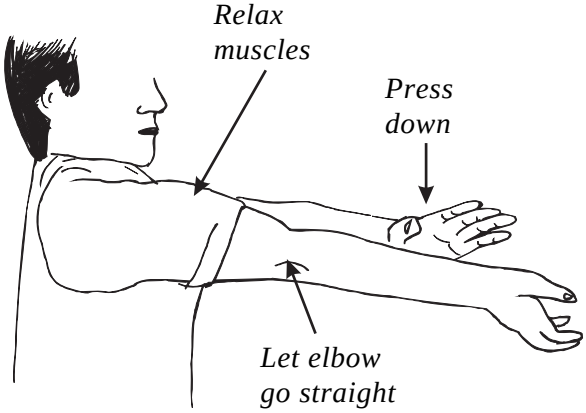


2. Keep your elbow bent while pressing down on the top of your arm like this:



3. Notice that your elbow ligaments do not hurt. This is because your muscles *are* tense when they *should be*.

❑ Do you think the elbow ligaments would hurt if someone did *not* bend their elbow and relaxed their arm muscles while pressing down on their arm as in the below drawing? _____



❑ Give three examples of muscles being used correctly:

1. _____

_____

2. _____

_____

3. _____

_____

❑ Give three examples of when muscles are relaxed when they should be tensed:

1. _____

_____

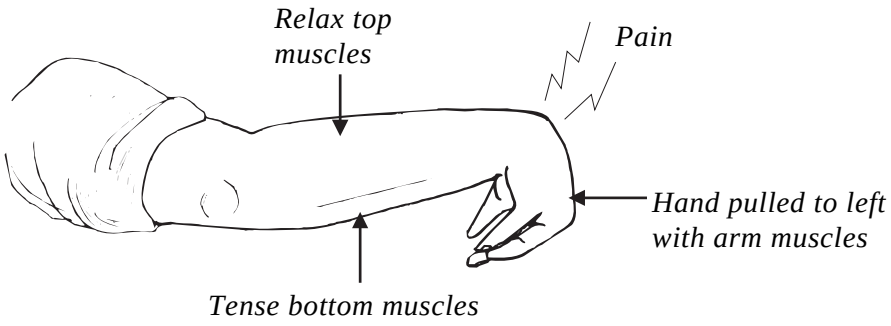
2. _____

_____

3. _____

_____

The muscles can also make the ligaments hurt if the muscles *are* tensed when they *should not be* tensed. For example:



Here the muscles are bending the wrist as far as possible and then bending it even <u>more</u> than that. This would <u>hurt.</u>

❏ What happens if muscles are tensed when they should not be tensed? _____

_____

_____

❏ Should the arms be tensed or relaxed if they are hanging at your sides? _____

❏ Should your muscles be tensed or relaxed when you are sleeping? _____

❏ What are two ways muscles can make ligaments hurt?

1. _____

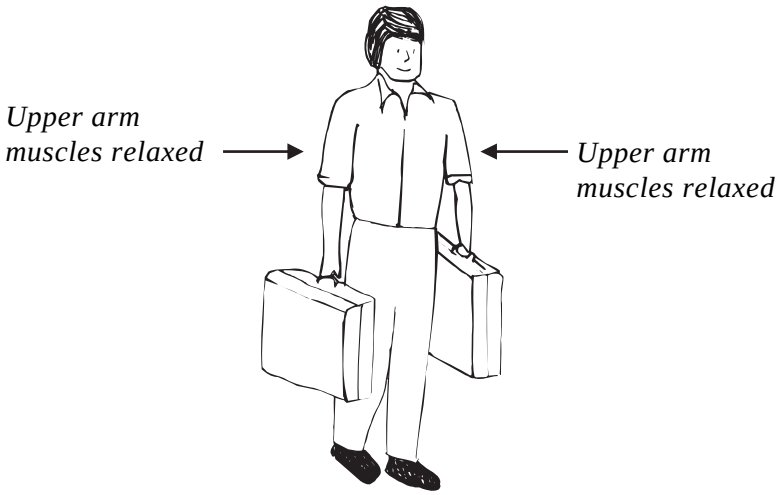
_____

2. _____

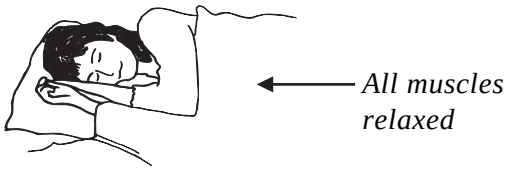
_____

❏ Would muscles make ligaments hurt if the muscles did what they were supposed to? _____

❏ Do you think some ligaments would hurt in the below drawing? _____



❑ Do you think the ligaments would hurt in the below drawing? _____



❑ Give three examples of when muscles would make ligaments hurt:

1. _____

_____

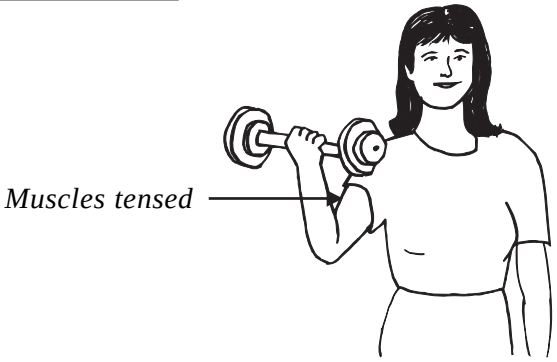
2. _____

_____

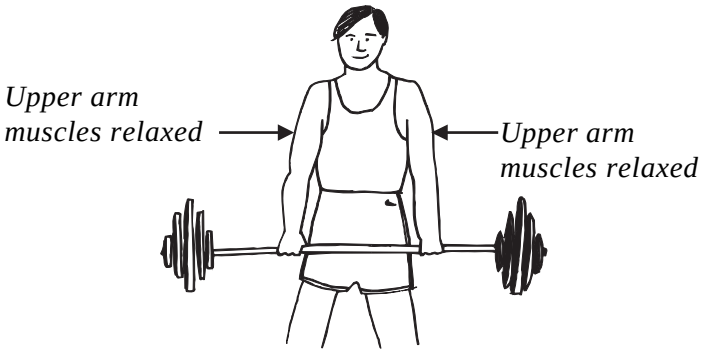
3. _____

_____

❑ Do you think the ligaments would hurt in the below drawing? _____



❏ Do you think the ligaments would hurt in the below drawing? _____



❏ Give three examples of when muscles would *not* make ligaments hurt:

1. _____

_____

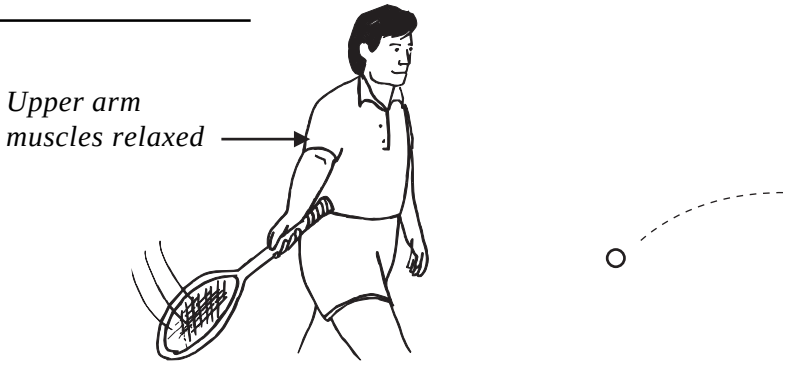
2. _____

_____

3. _____

_____

❏ Do you think the ligaments would hurt in the below drawing? _____



❏ Do you think the ligaments would hurt in the below drawing? _____

❏ Give three examples of times when muscles should be relaxed:

1. _____

_____

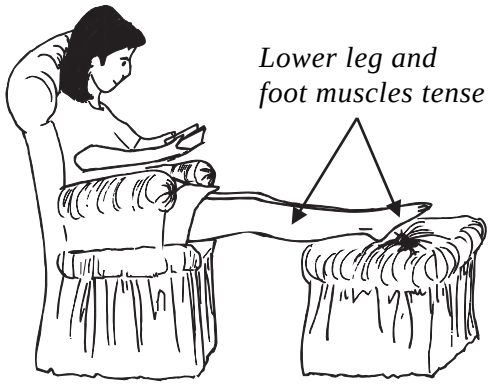
2. _____

_____

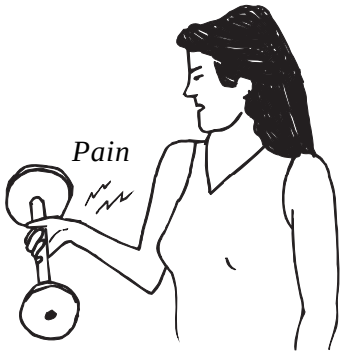
3. _____

_____

❏ Do you think the ligaments would hurt in the below drawing? _____



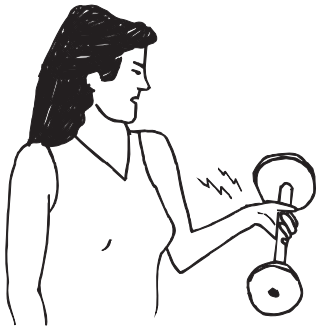
Whenever there is *pain*, the body is telling you that something is *wrong*.

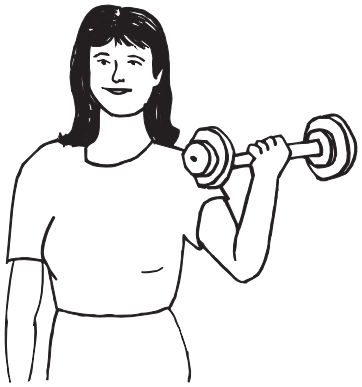


❑ What is pain for? _____

_____

When ligaments hurt, the body is telling you to use your muscles correctly.





❑ When ligaments hurt, what is the body telling you? _____

_____