

THE WAY TO

YOUR INTERACTIVE GUIDE TO WALKING WITH EASE



WALK

R3 PHYSIOTHERAPY

RYAN JOHNSON BSC (HONS) MCSP

'Awareness is the foundation
to change' - Ryan Johnson

THE WAY TO WALK

Your interactive guide to walking with ease

RYAN JOHNSON

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PREFACE

Walking, most of us do it. But, do we do it well?

Moving around your house, commuting, or light exercises, walking is an everyday activity many of us do without thinking.

Graduating with a BSc (hons) in Physiotherapy, and then specialising in Musculoskeletal disorders has given me a strong foundation in understanding the body on a biomechanical level. With six years of practice as a Physiotherapist, I have amassed a wealth of knowledge and experience treating patients with joint and muscle problems that have affected their walking.

Combining my years of experience and passion for the art of walking, has led me to develop this simple, yet effective interactive guide on how to become a 'master of your body' through walking. 'The Way to Walk', details the ideal posture to have when walking as well as specific exercises to get your muscles working in an easily accessible guide.

Walking is the key to life. It is a complete whole-body activity that most of us know how to do but not as efficiently as it can be. 'The Way to Walk' will enable you to take back control of your body, allowing you to walk and strengthen at the same time leaving you feeling Resilient, Revitalised and Relieved.

INTRODUCTION

Walking is a fantastic whole-body activity providing a variety of health benefits when done efficiently and at an optimal level. It requires a great deal of strength and co-ordination to which many of us can take for granted.

'The Way to Walk' provides you with simple, quick, yet effective solutions to maintain your strength and mobility. This is an interactive guide built on a combination of scientific research and tried and tested techniques. Following the instructions and exercises within this guide, prevents the likelihood of injuries which in turn decreases the chances of developing painful degenerative conditions. You will be able to keep your body strong and healthy therefore reducing the need for surgery.

This guide is suited to every learning style. Providing simple written information, images and videos to support you in your journey to becoming a master of your body. To further enhance your experience, 'The Way to Walk' has clickable links to exercise programmes exclusive to individuals who purchase this guide. In addition, you have direct access via [email](#) to ask the author any questions you may have. These features contribute towards building your confidence and ability in walking.

The procedures and techniques outlined in this guide have produced successful testimonials, highlighting the need for this information to be made accessible to others. A female patient in her 70s was struggling with her mobility for a year, and was forced to depend on her walking stick.

She was adamant about walking independently and sought help from chiropractors, acupuncturists, and physiotherapists for nine months, spending up to £1,000 on treatments with no long-term results. Using the instructions outlined in this guide, within six weeks, she reported that her walking had become easier, and only needed her walking stick occasionally. Three months later, she was independent with her walking, expressing how the simple tips and exercises provided was effective in giving her the results that she desired.





WELCOME

R3 Physiotherapy is an innovative company specialising in treating a wide range of muscle and joint injuries.

Our objective is to help you build self-confidence by giving you the tools to have complete control of your body.

Our experienced physiotherapists will guide you through your treatments, involving you in every step of the way.

STARTING OUT

All exercises require

Wear comfortable clothing and supportive footwear. Try to attempt the proposed methods while walking, remember the formation, as this will help with your strength, balance, and co-ordination.

Take your time, consistency is key.

Within this book there are three sets of information:

- Ease vs. Harm
- Muscle Profile
- Walking Technique

The first edition of 'The Way to Walk' will leave you feeling **Resilient, Revitalised and Relieved.**

WALKING WITH EASE

Take Back Control

Walking allows you to explore and interact with the world around you.

While walking, your body uses approximately 200 muscles for every step that you take. Therefore, this activity requires strong muscles as well as your whole body working together in order to perform this task with ease. Walking is known as one of the best exercises for your body, and you can see the benefits even if you walk for only 30 minutes a day.



WALKING IMPROVES

There are many health benefits associated with walking, such as:

- Strengthening of the heart and lungs
- Helping with weight management
- Boosting your immune system
- Improving your memory
- Stimulating creativity

Walking is an effective form of exercise that maintains and improves your overall health.

Experts suggest walking 6,000 steps a day to improve health, and 10,000 steps a day to lose weight.



Q&A

What should I expect?

'The Way to Walk' should encourage confidence, balance, strength, and co-ordination.

How should I feel?

You should feel strong and grounded in each phase of walking, while gaining a greater sense of awareness of your body.

Can I do this Walking Guide?

Anyone under the age of 16 may be required to have parental guidance.

How to Start?

Immediately. Start off with slow and steady movements, progressively increasing the time, speed, and intensity of the exercises.

How to Track Progress?

We have provided a progress sheet where you can record each exercise. We encourage you to fully commit to this programme so that you can walk with ease.



HOW TO USE THIS BOOK

This book consists of vital information in the form of facts, videos, and exercises that target different areas of the body to help you walk with ease, while we assist you on this journey.

Before starting this programme, time yourself walking for six minutes and make a record of how far you were able to walk.

Repeat this after six weeks of doing the exercises within this book, and see if your distance improves.

Distance in 6 minutes - pre exercises

Distance in 6 minutes - after six weeks

Chapter Five

FOOT AND ANKLE OVERVIEW

The foot and ankle are made from a series of bones that connect together to form joints in order to create one large movement. In order for the movement to exist, there are multiple layers of muscles which all work together to give stability to the foot, as well as awareness of where your foot is positioned at all times.

There is a large connective tissue that covers the bottom of the foot which provides stability and gives extra protection. When there is an imbalance with the natural movement of the foot and ankle, this can cause the joints to become stiff and painful, which could lead to the muscles of the foot and ankle becoming extremely tight or fatigued. This could cause a knock-on effect to the connective tissue, which could become tight and inflamed affecting you whilst walking.

Feet facts: The ankle can hold 5 times your bodyweight when walking.

HARM



Allowing any part of the foot to make contact with the ground before the heel may give unfavourable results. It can affect your balance and stability, requiring your body to work harder than needed increasing the risk of injuries to the joints above.

Poor heel strike



Fact: The heel is the largest bone in the foot.

EASE



Placing your heel first when it comes into contact with the ground is incredibly important. This method of walking sets a strong foundation for you to take complete control over your walking. It allows your body to work holistically ensuring that all the muscles are engaged with every step.

Good heel strike



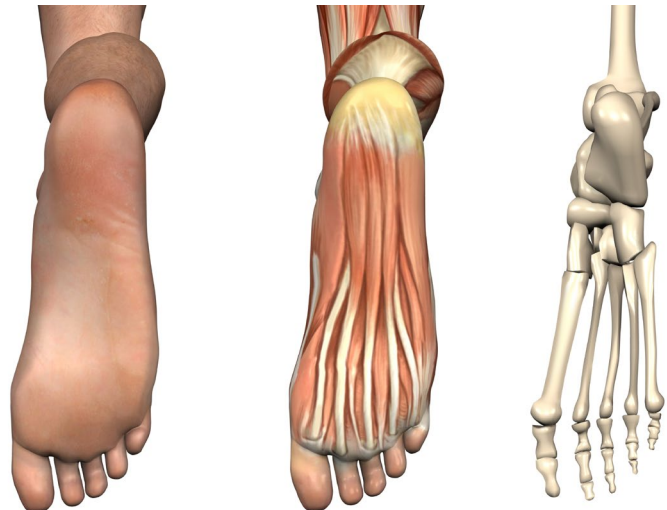
Fact: 25% of all the bones in the human body resides within the foot.

FOOT PROFILE

The foot is highly complex and has a diverse range of joints and muscles that all work together to complete one action. There are four layers of muscles within the foot that share the responsibility to make intricate subtle movements, as well as providing you with a sense of awareness.

Making use of their functions will provide you with more grounding through your toes, allowing you to feel stable and balanced while you are on your feet.

Layers of the foot



THE BIG TOE

Walking is a great whole-body activity that requires enormous strength and technique to execute efficiently. For those that are able to do this might be surprised to learn that they could be missing a crucial component, the use of the BIG TOE.

The big toe is extremely important when walking as it acts as the final phase by giving you the additional strength, balance, and control to push off from the ground, increasing your speed by encouraging a forward propulsion.

Toe push off





TOE CURL

Equipment: Towel and chair

Repeat 10 times

Sets of 3

Hold for 5 seconds

1. Start in a seated position
2. Spread a thin towel on the floor in front of you and place one foot on the end of the towel.
3. Keep your heel on the floor and use your toes to try to pull the towel towards you.
4. Hold for 5 seconds. Then repeat this 10 times.

You can do this exercise three times a week to tone and strengthen your feet.



BIG TOE FLEXION

Equipment: Chair

Repeat 10 times

Sets of 3

Hold for 10 seconds

1. Sit up straight in a chair with your feet flat on the floor.
2. Press the bottom of your big toe into the floor.
3. Ensure the soles of your foot remain in contact with the floor. Do not allow your foot to arch.
4. You should feel the muscles along the bottom of your foot tense.
5. Hold this position for 10 seconds and repeat this 10 times once or twice a day.

Bonus



BALANCING

Equipment: Table or chair

Hold for 60 seconds

Sets of 3

1. Stand with one foot in front of the other.
2. The toes of your back foot should just touch the heel of your front foot.
3. Spread your weight evenly across both feet.
4. Hold this position for as long as you can.
5. Try to hold for 60 seconds for maximum control. Repeat this exercise three times once or twice a day.

Note: Please make sure you are in a safe environment when doing this activity. Use a chair or table for additional support.

Questions

Additional Support - Please click here to email

How did you find these exercises?

What exercise was the easiest?

What exercise was the most challenging?

Thank You



Enjoyed this sample ? To view the full copy of 'The Way to Walk', please use the QR code or additionally, use the link listed below.

If you would like additional support, we are available to guide you through exercises that are specific to your requirements, please do not hesitate to get in touch.

BOOK A SESSION ONLINE

Contact:

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Blog

Website

Email

'Efficiency is times best kept
secret' - Ryan Johnson

Are you walking at a slower pace than normal? Whether you put it down to age, a previous surgery or injury, this book gives practical solutions to get you back walking with confidence.

'The Way To Walk' provides scientific facts about each region of your body, as well as specific exercises to ensure your whole-body works holistically, allowing you to walk with ease.

This interactive guide will benefit those who want to make positive change to their physical activity through the art of walking.



ABOUT THE AUTHOR

Ryan Johnson is a Musculoskeletal Physiotherapist with six years of experience treating individuals with joint and muscle pain; directly affecting their walking.

He has garnered an extensive wealth of knowledge and experience working Internationally, and across the United Kingdom for the National Health Service.

He is extremely passionate and continues to dedicate his time serving those who need his help and guidance, giving them the opportunity to feel Resilient, Revitalised and Relieved.

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