

Foot Outlines

Use the foot outlines to record your observations from your Balance Test (page 138). Your feet are the contact points with the ground and tell you a lot about what is going on with your alignment above. Feet that make even contact with the ground reflect a symmetrical skeleton. With your shoes off, stand on a hard surface in your natural, relaxed posture, and close your eyes. Feel how your weight is distributed throughout your feet—left to right, front to back and side to side. On the foot outlines, mark where you feel your feet making the heaviest contact with the ground.

