

# **Save your Soles: Short Foot Exercise for Lower Extremity Injury Prevention and Rehabilitation**

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## Presentation Learning Objectives

At the end of this presentation, attendees will be able to

1. Summarize the current body of literature on the connection among intrinsic foot muscle dysfunction, foot posture, and lower extremity injuries.
2. Explain what short foot exercises are and how to perform them.
3. Provide theoretical knowledge of how short foot exercises may re-establish proper foot posture and functions.
4. Discuss how short foot exercises can be implemented for the prevention and rehabilitation of lower extremity injuries.

Naoko is the associate professor in Department of Exercise and Sport Science at University of Wisconsin-La Crosse. Prior to joining UWL in 2012, she was a visiting assistant professor at University of Toledo for 2 years. She obtained her bachelor's degree in Athletic Training at Central Michigan University, and master's degree in Athletic Training and Ph.D. in Exercise Science at University of Toledo. Her primary teaching areas are athletic training research courses, biomechanics, and clinical pathology. Naoko's primary research interests are patellofemoral pain syndrome and running biomechanics. She has published and presented in various athletic training and biomechanics journals and conferences. On her spare time, Naoko enjoys running, cross country skiing, canoeing, and doing any other outdoor activities, exploring local breweries, and spending time with her family.

Kari is an assistant professor in the Department of Exercise and Sport Science and the Clinical Education Coordinator for the University of Wisconsin-La Crosse's Athletic Training Program. Prior to her serving in her full-time academic role, she served as an

athletic trainer in UWL's athletic department, working with a variety of sports, but had a primary role with the Men's and Women's Track and Field teams for 13 years. She obtained her bachelor's degree in Athletic Training at the University of Mary, a Master's degree in Human Performance at the University of Wisconsin-La Crosse, and Ph.D. in Leadership with an emphasis in Health Science from the University of the Cumberland. Kari's research interests include athletic training clinical education and applied research in the care and prevention of lower extremity injury.