

Fureflexzonen therapy, massage Fureflexzonen

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Who knows the words Knickfuß, Senkfuß, Spreizfuß, Plattfuß, Knicksenkfuß, etc. are not? Almost everyone has one but this referred to. But we come to 98% in healthy feet to the world. Even with the enrollment but 12% of children a "Fusschaden" have. There are many Gründe, so it can Fußdeformitäten come to this. The children are too little and walk barefoot. For fear they are bullet coulderkalten, once they get them in the world thick Socken are on, where no free toe-joint play and be actively busy. We take the children thus equal to their Trainingsmöglichkeit für healthy muscle. But feet need for development of its role, the standing and walking, the Unreserved Movement and immediate skin-and ground contact. We should put more trust in the nature that our feet has a very good blood supply and specially equipped with a baby and Kleinkinderfuß schützenden fat coat. Even shoes should be tightened until the children if they really need nämlich while running outdoors. Außerdem should Unerlichkeiten on shoes than on, but on steep downhill, width, shape angepasst, flexible sole, the material (leather, natural fiber eighth) and the softness of the shoe. A further reason is because we put the children on their way too früh feet to teach them to walk. Children müssen the state test only for a time and train their feet status and thus für The evident as the wine. Each stool prevents convened and the still soft Fugerkst muskulen gets no support to withstand the force of gravity. One should children and the feet just a little time to give. As our feet we need a lifetime, we should develop optimally. No joint is exposed to such a burden as the grown Fuß. He mu bear all our weight. With a wrong Fußstellung the Achsenverhältnisse of the legs and thus the Wirbelsäule, the whole body are moved. This means not only a Große Fußbelastung, but a burden on all the joints of the body. Fußgymnastik a für Kinder möchte With the foundation für Health feet put it. möchte Man : build and evident as the wine to the stützen to the optimal bone Gerst improve the mobility of the muscles stabilize Fußgewölbe Körpergefühl schools because children learn the playful and spa in the movement to get the imagination encourage the children, so they invent descriptions themselves, which at home they continue to be the skill Fuß The train needs to the healthy development and to maintain its functional The free movement and one or gefährdeter formveränderter Fuß targeted training. Through the playful be, the imitation zeal of the children, praise and recognition achieved it because the children be at home on (täglich 15 minutes). The Fußgymnastik für find children in the group (6-15 children) once a week instead of 45 minutes.

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