Gait Reflexes

One of the many factors involved in tiredness could be a disturbance in your walking gait. This is an imbalance in the normal co-ordination of the muscles used in walking. When the muscles are not working in an integrated and synchronized manner, walking becomes tiring.

Gait reflex imbalance can be related to situations such as: tiredness, uneven shoe-wear, poor co-ordination, brain fog or confusion, dyslexia or learning problems. A Professional Practitioner would also consider metaphysical factors such as: anxiety in terms of stepping out, fear of change, not moving ahead in your life.

Walking is meant to have an energising, de-stressing and integrating influence on the human body and a brisk walk, even when we are tired, can lift our spirits and can help us to feel refreshed again. Sometimes however, it doesn’t seem to work. We take a walk or go to the gym but our energy remains low and it requires effort to motivate ourselves. We return more tired than when we started. Rubbing the gait reflexes can provide a much needed lift at times like this.

First assess your energy:
1. Walk around the room.
2. Make an assessment of your energy level on a scale of 0 - 10

Rub the Gait Reflexes (between the foot bones as shown on the diagram)
1. Walk around the room.
2. Make a new assessment of your energy level on a scale of 0-10 and note the energy boost.