

# OZEMPIC: 3 Ways to Train Lower Leg Mechanics |

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OK So we want to talk a little bit about frontal plane motion of the foot So when you push off in gate your foot has to resist to create a rigid lever And then when you land it will go into pronation before you push off If you don't have those mechanics you're not able to absorb shock as efficient So a lot of force goes up the chain So we're gonna start with some simple ways to train this first and then we'll get progressively uh a little more interesting So we're gonna start put your right foot right in the middle of the yoga strap and you wanna make sure big toe mound and pinky toe mound are right on the strap and we're gonna start with Super Nation first actually So I'm gonna have you put your left hand here Yeah Take your left leg back just a little and so a little bend in me So you go around through your side be nice and relaxed up top and you're gonna pull up against the strap and you'll feel how you have to fight against that Yeah So we're working Super Nation here We're actually working this medial compartment we'll hold this for about 45 to 60 seconds and then we'll switch yeah underneath and now it's right under that big toe mound and you can feel how you're getting that Yeah you might even feel some pers kicking in again You'll hold this for about 45 to 60 seconds Next we're gonna take the tow pro and of course she'll do that on both sides and having it in from something that you can put your hands on for balance So we're gonna start we even 4 ft in heels open up your heels just a little bit kick them up but there you go So you want your feet right at the hip with ish apart So rock back into your heels you're gonna try to keep some connection with the big toe val that you're gonna supinate and then you're gonna shift forward pro it and vigorously press that first head down Keep your heels connected to the floor You'll definitely feel some perennials here good and rock back Find Super Nation and Rockford prunes are working that force absorption and this has to happen every step you take and brought that list to two more more and rock forward Getting that drop one last time Try to put even less weight in your hands So the body is nice and warm OK You still that activation Yeah OK And then the most of the one we're gonna try to balance here and you can use the the bar I should mention what's the name of that thing again as a pro to pro if you just Google to pro pro human locomotion and then this is the black the black And if you Google blackboard foot exercise thing that usually shows up and we have it set on

Yeah So it's pretty safe stable at the back Unstable So what we're trying to do is we're trying to get that that front of the foot action So the heel is gonna stay relatively stable but there's gonna be some motion the things to watch out for here We're trying to work from the lower leg down because when you there is some internal rotation in the lower leg to be a rotation and then when you supinate there's some external rotation If this stuff is weaker you might find that that femur wants to cave in kind of internally orients That's what we don't want So we keep a nice soft bend in meat just kind of work that 4 ft action Yeah And if it's too challenging you can also put a little bit of weight into the left foot and use the opposite hand for balance You just kind of yeah I think when you start out you just you don't want to try to do this because you're gonna do every everything except for what you were doing I think we started out see see that notion And then and then once you get there it actually once you start to learn once the lower party relate learns how to do this Yeah It just makes all of these pelvic and hip mechanics work so much more efficiently I love this story Yeah Mm Yeah