

Thomas Rogall and Foot-School Munich - Who we are and what we do

Concept

Foot-School Munich release offers to people challenged with dysfunctions of the locomotor system. We focus on the joints of feet, knees, hips and spine.

We improve quality of life by training body intelligence with: "The art of Walking" and Spiraldynamik® in physical therapy sessions, courses and group training.

The upright walk of man is a fine art and salutary, feet free of pain indicate a well-coordinated body. To achieve this our patients practice to step by step evenly distribute their weight and prevent erratic strain. This ensures that they become experts of their own movement over time. It is our aim to integrate individually adapted exercises into the everyday life of our clients.

More information on this topic can be found in „Die Kunst des Gehens“, „Hallux valgus – die besten Übungen zur Selbsthilfe“ and „Was tun bei schmerzenden Füßen – die besten Tipps und Tricks der Fuß-Schule“ by Thomas Rogall (published by Nymphenburger Verlag).

Courses and regular group training

Our courses are limited to 8 - 10 participants to ensure a personal learning environment. Since most trauma is caused by stress to the locomotor system, we develop tailor made exercises and advice on implementation in everyday life. Our range of courses comprises of the introductory course „Schritt für Schritt zu gesunden Füßen“ (step by step to healthy feet), intermediate courses on specific subjects such as hallux valgus, knee and hip joints, as well as weekly training groups promoting collective learning.

Physical Therapy

In one-to-one treatments our highly qualified and experienced therapists work with our patients on the conscious improvement on of their gait, day to day posture and movements as well as developing these with individual exercises. By taking into account all physical movement, correcting posture and gait can improve health throughout the body. A return to mobility and liveness is made possible. The treatments consist 50 minutes each and take place in our light and spacious rooms. Aside from the classical methods of physical therapy, we also offer Spiraldynamik®, Taping and Matrix-Rhythmus-Therapy, which are modern additions to our treatment.

Spiraldynamik®

Spiraldynamik® as a movement and therapeutic concept is founded on the principles of anatomy. Simply put it is a three-dimensional user manual for your own body.

Spiraldynamik® conveys a sustainable body-awareness. Motion is nature's way to improve health and wellness. Spiraldynamik® enables you to move in a way that promotes wellness and prevents injury. Ideal for anyone who loves to move!

Elastic Taping

This method uses elastic tape to correct misalignments of the bones and improves the lymphatic and venous drainage as well as soothing or eliminating pain. The muscular and tension of the fascias are changed permanently.

Matrix-Rhythm-Therapy

Using a handheld applicator the patient experiences rhythmic vibrations that have a harmonising effect on the whole body. The metabolism of the cells is stimulated and deep muscle tenseness is dissipated.

Foot-School for Children

Prevention is better than cure, they say. Through selective exercises and games even children and teenagers can prevent foot issues. If children are already suffering from foot problems, we actively help them to help themselves. A child's feet should not only grow but also run, jump, climb and balance. This requires a sound arching structure of the foot, which is essential for the upright walk. Children are supported through transfer a playful approach and transfer of knowledge. The objective here is to develop a sustainable, more holistic gait by promoting a sensible attitude towards the body and especially the feet.

Thomas Rogall,

born in Munich in 1961, founder and director of the Fuß-Schule Munich.

Thomas is a specialist author, an accredited physical therapist, massage therapist, Spiraldynamik®-therapist (Advanced Level) and works as a lecturer at the VHS Munich (community college).

He gives seminars, workshops, group training and lectures.



His first book „Die Kunst des Gehens“ (The Art of Walking) was published in 2011, his second „Hallux valgus – die besten Übungen zur Selbsthilfe“ (Hallux valgus – the best exercises to help yourself) in 2013 and his third „Was tun bei schmerzenden Füßen – die besten Tipps und Tricks der Fuß-Schule“ (What to do when your feet hurt – the best tips and tricks from the Fuß-Schule) in 2016. All three books were published in German at Nymphenburger Verlag.

Thomas Rogall blogs at www.fussschule.com/blog