Podcast Introduction

Welcome to Root to Rise, a podcast where human movement meets sensory science and the journey back to where our true foundation begins. My name is Dr.

Emily Spickle and each episode will explore how the power of connection from the ground beneath us to the core within us and how it shapes the way we move, feel, and live.

Through conversations with leading experts in health, fitness, neuroscience and mindfulness, Root to Rise dives deep into the role of feet, posture and sensory systems in how they build resilience, longevity and authentic strength both physically and emotionally.

Whether you are an athlete, therapist, wellness professional, or simply someone seeking a deeper relationship with your body, this podcast will inspire you to reconnect to your foundation, reclaim your movement, and rise into your highest potential.

Because strength does not start in your muscles, it starts where you're grounded. It starts from your roots.