

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

THE BENEFITS OF HEALTHY FEET

KEEP HEALTHY FEET



The American Podiatric Medical Association estimates that approximately 75 percent of all Americans will undergo some type of foot problem during their lives.

The human foot is a complex part of the body. Each foot has more than 100 muscles, tendons and ligaments, plus 26 bones. Unfortunately, we tend not to care for our feet until they hurt, and many cases of foot disorders are the result of wearing improper shoes.

PHYSICS OF THE FOOT

Although many people believe that each foot only takes half your body weight during walking, but walking actually creates forces through the feet of about one to two times your body weight. During running, it is estimated that these forces can increase to an amazing nine times of body weight. Thus, any inefficiency in foot function is multiplied many times over causing many foot, lower limb, and even back problems.



PLANTAR FASCIITIS

Plantar fasciitis is the inflammation of ligaments which causes pain at the bottom of the foot or heel. Pain is usually worse in the morning or after periods of rest. Pain can also increase after long periods of standing.

Overpronation, or flat feet, is the leading cause of plantar fasciitis. Overpronation occurs in the walking process, when a person's arch collapses upon weight bearing, causing the plantar fascia to be stretched away from the heel bone.

CLINICAL COURSE OF PLANTAR FASCIITIS

In most cases, the onset of plantar fasciitis is sudden. Symptoms can include a stabbing or burning pain sensation

on the bottom side of the heel. Pain may stem with weight-bearing activities and lesson throughout the day. Pain typically returns during the end of the day.



Some common conservative treatments include stretching, non-steroidal anti-inflammatory medication, physical therapy, night splints, cortisone shots, and immobilization.

FOOT WEAR AND ORTHOTICS

Proper footwear supports the feet and ankles, and a variety of orthotics are offered to accommodate various activities. For instance, running shoes and basketball shoes have different support and cushion for their unique needs.

HOW DO I KNOW WHAT KIND OF SHOE TO BUY?

Before purchasing shoes, consider asking yourself the following questions:

- What weather conditions do I work in?
- What are my working conditions? Indoor vs. Outdoor.
- Do I work on slippery surfaces? If you do, consider purchasing non-slip soled shoes.



PROPER FOOTWEAR SUGGESTIONS:



- Comfortable, not too big and not too small
- Sufficient ankle and foot support
- Ample room for toe movement
- There should also be about a $\frac{3}{4}$ inch space beyond the big toe (or the longest toe) when you stand.
- The shoe should be designed for the activity you are planning on doing

FOOT CARE ADVICE FOR DIABETICS

Proper foot care is especially critical for diabetics, because they are prone to foot problems, such as:

- Loss of feeling in their feet
- Changes in the shape of their feet
- Foot ulcers or sores that do not heal

According to the National Institute of Health, the following simple, everyday steps will help prevent serious complications from diabetes:

- Take care of your diabetes
- Check your feet every day
- Wash your feet every day
- Keep the skin soft and smooth
- Wear shoes and socks at all times
- Protect your feet from hot and cold weather
- Keep the blood flowing to your feet
- Be more active
- Communicate with your doctor

RESOURCES

www.foot.com

www.acfas.org

www.nih.gov

www.apma.org

For more information visit
www.WellnessCoachesUSA.com