

The Wellness Express™



Jump on the train to good health

Issue 4, July 2014

FEET – YOUR BODY’S FOUNDATION

Presented by: Total Health Systems

Introduction

Your feet are like the foundation of a house. They support the entire weight of your body. If something is wrong with your feet it can affect your posture and can also cause severe pain or discomfort in your feet, ankles, legs, back, spine and neck.

Children’s Feet

All children are born with flat feet with arches starting to form at 3 to 4 years of age. If flat feet don’t cause a problem for a child then no treatment is generally necessary. If the child has chronic foot, ankle or lower leg pain or trips and falls frequently, surgery may be recommended to help muscles, tendons and bones grow into their proper position and to create a proper arch for correct development of the feet.

Special Care for Athletes

Foot care for an athlete isn’t only necessary *after* an injury. Winter sports like hockey, skating, skiing require proper footwear that fit correctly to prevent injury. It is important to wear cotton or wool socks that “wick” away moisture from sweating feet as wet feet pose a serious

risk for slipping or twisting inside your footwear as well as frostbite during winter sports.

A common golf injury is deterioration of the big toe joint as a result of overextension when hitting the ball and following through. Soccer shoes with cleats combine foot control and comfort. Different cleats are available for different surfaces so selecting the proper shoe improves overall performance and decreases the risk of foot and ankle injuries.

Summer Time Care

Many women treat themselves to pedicures in warmer months at a spa or salon. Keep your safety in mind when choosing a salon. Check out the salon ahead of time. Is it neat and clean? Does the nail tech have a license? Are all instruments properly sanitized after use? A reputable salon will be happy to give you a tour and show you the precautions they take. Also ladies – did you know that a 2 inch heel will place 57% more pressure on the front of your feet?

Swimming pools, gyms and locker rooms are prime breeding grounds for picking up foot fungus such as Athlete’s Foot. Usually occurring between toes, on the heel or tops of the



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feet, it can be treated with an antifungal medication applied topically or orally. Good ways to avoid this problem is to wear shower shoes in public areas, dry your feet after showering and blot gently between the toes so you do not damage the skin and wear cotton or wool socks.

Mature Feet:

Your feet change shape as you age. Generally the natural padding under your heel and the ball of the foot becomes thinner and your arches flatter. Your shoe size may change as you get older as well so measure your feet every time you shop for shoes.

Some of us gain more weight as we age and obesity can take its toll on feet causing problems such as tendinitis, plantar fasciitis or osteoarthritis of the ankle joint. Proper shoes can help you avoid some of these problems along with regular exercise to help you lose some weight!

Exercise is important as standing or sitting for long periods of time can cause swelling in the ankles or legs and may be a sign of too much salt in the diet, heart problems, arthritis or circulation problems.



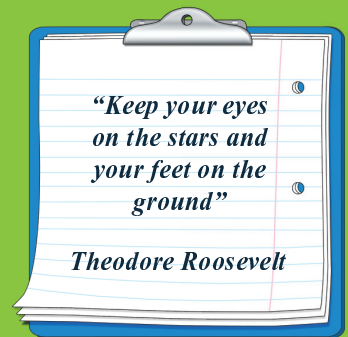
Those who are diabetic must be especially careful as the feet gradually lose their sense of feeling and ulcers can form if skin tissue breaks down from shoes rubbing or an injury. Untreated ulcers can affect the underlying bone and could lead to amputation of the affected area.

Sometimes bone spurs (bony growths) may occur on our feet as part of the aging process due to excessive pressure or rubbing over prolonged periods of time – usually from badly fitting shoes. As we age the cartilage at the joints decreases so does not provide much protection allowing irritation to ligaments, tendons or nerves. Heel spurs result from injury to the plantar fascia ligament, which supports the arch and takes the burden of your body's weight when walking. Repeated stress can cause the ligament to tear.

Chiropractors are often well informed about foot conditions and how they can affect your spinal health. some chiropractors can supply you with custom orthotics so trust your chiropractor for foot advice.

Young, mature or middle-aged – take care of your feet and they will take care of you!

Quote to Inspire



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