

# Your Next Step, P.C.

## FOOT NOTES

APRIL 2010

### SPECIAL EVENTS!

- ◆ April is National Foot Health Awareness Month
- ◆ Your Walking Shoes
- ◆ April 6<sup>th</sup> -- National Walk to Work Day

### April -- National Foot Health Awareness Month

Do some "Sole Searching" and help ease foot problems. Abraham Lincoln was quoted as saying, "*When my feet hurt, I can't think.*" Most people don't give a lot of thought to their feet—that is until they hurt!

That is why **now** is the time to stop and think about the importance of taking better care of your feet as we recognize April as National Foot Health Awareness Month.

Those most susceptible to foot pain include people with flat feet, seniors, athletes, the overweight, and people who work on their feet (from doctors and teachers to retail clerks and construction workers) —not to mention those who choose to wear poor-fitting footwear for the sake of fashion. (Is there any coincidence that four times as many women suffer from foot problems than men?)

Our doctors know that what many people don't realize is that problems in their feet can impact other parts of their bodies as well, with pain and discomfort often traveling upwards to the legs, hips, back and neck. Sometimes people feel uncomfortable all over their body, and they don't know why.

Our feet represent about two percent of our body mass, but are responsible for balancing the remaining 98 percent of our body. When our feet are not properly balanced and supported, our whole body can become misaligned. By addressing this misalignment that begins at the foot level, weight is more evenly distributed and our whole body is better able to handle the stress and strain of our daily routines.

When the body is in balance, there is less stress on bone, joints and the muscles all the way up the spine.

### **Your Walking Shoes**

Your walking shoes should be comfortable for walking 15-30 minutes at a stretch. If your work shoes don't work for walking, wear athletic shoes and carry along your work shoes to change into. Care should be taken when purchasing shoes. Below are tips for buying shoes.

- Shop for shoes later in the day -- feet tend to swell during the day, and it's best to be fitted while they are in that state.
- Try to select a shoe with a firm midsole, stiff heel counter, appropriate cushioning, and flexibility at the ball of the foot.

- Have your feet measured while you're standing.
- Be sure shoes fit well.
- Buy shoes that don't pinch your toes, either at the tips, or across the toe box.
- Always try on both shoes, and walk around the store.
- Always buy for the larger foot; feet are seldom precisely the same size.
- Don't buy shoes that need a "break-in" period; shoes should be comfortable immediately.
- Try on shoes while you're wearing the same type of socks or stockings you expect to wear with the shoes.
- If you wear prescription orthotics -- biomechanical inserts prescribed by our doctors -- you should take them along to shoe fittings.



Dr. Eric Ricefield • Dr. Mark Yagodich • Dr. Jason Hearn  
39 Rittenhouse Place • Ardmore, PA 19003 • (610) 642-8837  
1410 Russell Road, Suite 201 • Paoli, PA 19301 • (610) 644-6501

### **National Walk to Work Day- April 6<sup>th</sup>**

**National walk to work day** was instituted to draw attention to the alarming increase in obesity and associative diseases that have risen concomitantly with Americans' increasing sedentary life style.

**Add healthy steps to your day.** A brisk walk can help you and your family look and feel better, increase energy, tone your muscles and pick-up your spirits. Walking for 30-60 minutes a day can help you lose weight, lower cholesterol, strengthen your heart, and greatly reduce the likelihood of serious health problems down the road such as heart disease, stroke, diabetes, osteoporosis and arthritis.

To promote weight loss and prevent weight gain, use a pedometer. A pedometer can motivate you to log more steps each day. Experts say if we added 2000 more steps to our day, we wouldn't gain another pound.