



Footwear

FEET ARE THE BODY'S FOUNDATION

People sometimes wonder how orthotics can correct knee or hip problems. Have you ever had a blister on the bottom of your foot? If you have, you know that you try to avoid putting pressure on it. You can change the angle of your foot when you walk and the next thing you know, your knee or hip hurts because you're walking differently.

Why do people have problems with their feet? It's simple. The foot is always in motion and under enormous pressure from the body's weight. As we walk or run, our entire weight lands on our feet, up to 10 000 times a day.

Another possibility is that you get a sore back, hip or knee and when you alter the way you walk to compensate for that your feet begin to hurt. There are many reasons for the aches in the back, legs and feet—accidental trauma, poorly fitting shoes or simply a sign of aging.

That's why people whose legs or feet are not "biomechanically correct" or in perfect alignment, often experience pain in other parts of the body.

Remember, your **feet are the foundation of your body**. Footmaxx orthotics can help correct the movements of the foot and that relieves the problems in the legs, hips and back.



Orthotic Sandals

When the days starts to get hot the sandals come out of the closet, but for some this means foot pain. Sandals are often unsupportive and if you usually wear orthotics they probably don't work in your sandals. But what can you do?

There are some options when flip flops just won't do. There are a number of supportive sandals on the market. Just like when buying shoes you should talk to the sales person in a reputable store about what you'll be doing in the sandals.

Another option is to get **orthotic sandals**. There have supportive inserts that are designed specifically for your foot's needs. They'll help you correct any biomechanical problems you're having and help reduce any foot pain you've been experiencing.

If you have any questions regarding orthotic sandals contact our kinesiologist at: Keri-Lyn@back2health4you.com



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WALKING

Walking is a great way to start an exercise program or it can be part of maintaining your fitness level. There are a few types of walking that you can do depending on what you want to get out of it.

There are those that like to walk just for the pleasure of walking. It's a great way to relax and wind down at the end of the day. It's also a nice way to have some quality family time.

For those who find this a little too slow for them power walking is a great way to pick up the pace. Power walking is a moderate low-impact aerobic activity that can be very beneficial.



Walking can have many health benefits if done at a good pace. The benefits of walking include:

- Weight management
- Managing blood pressure
- Lower risk of stroke & type 2 diabetes
- Increased bone density
- Lowers LDL (bad) cholesterol and raises HDL (good) cholesterol
- Reduced risk of heart attack
- Decreased stress
- Improved mental and emotional well-ness



Replacing Shoes

At some point, 75% of the population will suffer from foot-related problems.

Wearing improper footwear can cause a number of problems. Common causes of sore feet include high heels, pointed shoes, lack of arch support and shoes that are too tight or too loose.

These problems with shoes can cause or exacerbate foot problems such as blisters, calluses, corns, malformation of toes, fallen arches, bunions and injuries like sprains.

To avoid foot problems it is very important to get the right shoe. Fortunately there are shoes that are geared to specific activities such as walking shoes, running shoes and good supportive shoes for people who work on their feet all day.

When buying new shoes go to a store that has good customer service and knowledgeable staff. Some stores, like the Running Room, even hold clinics on the activities you may be involved in such as walking and running, looking at things like biomechanics.

Here are some tips to follow when buying shoes to help you ensure you get the best fit and the most appropriate shoe possible.

- Try shopping at the **end of the day** when your feet are swollen. If you buy them in the morning they may feel tight by the end of the day.
- Make sure the shoe is **flexible at the forefoot**. It should be able to move in the same ways your foot does.
- When trying on shoes wear the socks you'll actually be wearing in them.
- Have **both** your feet measured. They're usually different sizes.
- Bring in the shoes you wear now for that activity. The **wear patterns** on the shoes can tell the sales person a lot about your needs.
- Let the sales person know what you'll be doing in the shoes. He/she can then point you in the right direction.

If you have any questions about footwear feel free to contact our kinesiologist at keri-lyn@back2health4you.com.