

Aching Feet

When your feet hurt, you hurt all over because your feet are the base of your entire bone structure. Foot problems can cause pain in your knees and back and lead to overall discomfort when standing or walking. Your feet do a lot of hard work and take a lot of punishment.

The foot is a very complex part of your body. Your foot has 26 separate bones held in position by dozens of ligaments, tendons and muscles. The bones and muscles form flexible arches that support the weight of your body. As you raise your foot to take a step, joints lock so you have the leverage to push your body forward. When you lower your foot to the ground, the joints unlock. This locking and unlocking of the joints allows you to walk on any surface, whether it be a sandy beach, golf course or concrete sidewalk. Your foot is an amazing shock absorber, it protects the rest of your foot and leg from shock everytime you take a step.

Your feet support your entire weight. The slightest misalignment of muscles and bones can cause many different problems.

Your feet function like the front end of your car, when your car's out of alignment:

- The tyres wear out quicker
- Uneven stress is placed on the frame
- The steering wheel begins to shake
- Soon the car functions so badly, you can't drive it

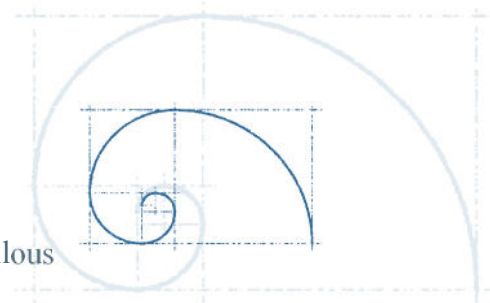
This misaligned foot does the same thing. Pressures develop and trouble starts immediately.

- Bones move against bones
- Ligaments become stretched
- Muscles become overused and experience injury

- Soon the entire body and posture becomes faulty....

The symptoms of faulty foot function may include...

- Aching feet
- Heel pain
- Claw toes
- Corns and callous
- Bunions
- Pain in the legs and knees
- Hip, Back, Neck pain
- Poor foot wear



What can be done?

Your foot care specialist can prescribe a medical device, called an orthotic, to help solve your foot problems. Orthotics are prescription appliances that can be compared to eyeglasses. Just as the eye doctor can improve your vision with corrective lenses, so can the foot care specialist.

Orthotics are only made by prescription and designed for your particular foot problem.

**THE AVERAGE
PERSON TAKES
4000 TO 8000
STEPS EACH DAY!**