

## *Do Your Feet Hurt?*

by Paul and Debra Goodus, owners, Foot Matrix

**OH!! My feet hurt! You are not alone! Over 77% of us have foot problems. Problems range from just being sore and tired to bunions, calluses and fallen arches. Diabetics often have foot problems due to the loss of nerve endings in their feet. Because of changing foot sizes, even children are not immune to foot discomfort.**

**Your feet work hard. They support your weight and are the foundation for your body. Your feet endure over 100+ pounds of pressure with each step you take! That's thousands of pounds of pressure on your feet every day. When it hurts to walk or even stand, your feet may slow down your whole life.**

**What can be done? Buy and wear shoes that fit well. The insole is an important interface between the shoe and your foot. An insole (arch support), the removable insert, is perceived to be the "comfort" you enjoy while wearing a shoe. If the shoe doesn't have adequate support, you may need arch supports, which are called "foot orthotics".**

**Foot orthotics are custom arch supports made from your own foot measurements and can be designed to wear in various shoes.**

**A custom foot orthotic aligns your foot so it functions in its optimum position and balances the weight-bearing part of your heel and the ball of your foot. This is required for true maximum control of the dynamic function of your feet.**

**Incorrect movement strains your feet and can cause fatigued arches, pain in the toes, heels, knees, hips and lower back. Foot orthotics have been used to relieve many of these discomforts. By limiting the swing of your heel, they control the degree to which your foot flattens. The stress of your weight is better distributed throughout your foot. And this can help reduce or eliminate foot pain.**

**Fatigued arches, without proper arch supports, produce an imbalance while standing. If the standing body does not balance over the center of the feet, then the hip and back muscles compensate. This can produce back pain.**

**Walking is the best exercise for your feet. It improves circulation, general health and morale. Take good care of your feet!**

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