

Foot Facts

People punish their feet daily by wearing ill fitting shoes or by walking around on feet that do not function properly. Educate yourself and start improving the health of your feet.

Foot Fact Number 1

25 % of the Bones in the Body are in your Feet



Your feet are a complex system of 52 bones, 66 joints, 214 ligaments, 38 muscles and tendons. It is no wonder that 75% of North Americans will experience foot health problems of varying degrees, at some point in their lives.

You could be walking in comfort with professionally fitted custom orthotics.



Foot Fact Number 2

The average person takes 8,000 to 10,000 steps per day



Your feet have an important job; they carry you throughout the day, with every step making an impact on your body. If your foot functions improperly it will have an effect on joints higher up the kinetic chain (your ankle, knee, hip and spine). This may result in pain or discomfort. Most individuals will seek out medical attention for the symptoms they are experiencing in their joints, but do not realize the source of their pain is their feet.

Foot Fact Number 3

The Right Running Shoe for You...



If you are active, it is important that you select the right athletic shoe for your sport and for your foot type. With so many choices on the market, you should consult an expert for the best brand and model for your particular foot each time you buy.

Foot Fact Number 4

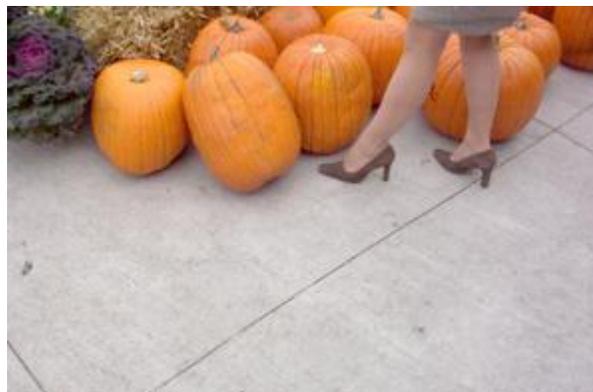
60-70% of People with Diabetes have Mild to Severe Forms of ***Nerve Damage***, Often Impairing the Sensation of the ***Feet***



Foot disease is one of the complications of diabetes. Severe nerve damage in the feet can lead to ulceration and often lower extremity amputations. Early prevention and treatment of foot disease can be managed by effective foot care practices. These practices include: diagnosis of high pressure areas on the diabetic foot and treatment with properly fitted orthotics or footwear.

Foot Fact Number **5**

Many Foot **Conditions** (*Bunions, Calluses, Corns, etc.*) *Are* **Caused by Ill Fitting Shoes**



Most individuals buy shoes that do not properly fit their feet and that tend to aggravate foot ailments. When shopping for shoes make sure

you go in the afternoon – your feet swell during the day. Also bring the proper socks for the style of shoe you will be buying, and if applicable, bring your custom orthotics. Shoe sizes vary based on the shoe make and style – do not always assume you will be the same size every time.

Achieving the Proper Fit:

- **The toe box should have a ton of room; make sure you can wiggle your toes**
- **Ensure the width fits properly (your forefoot should never be wider than the shoe)**
- **Your heel should be stable within the heel counter**
- **The shoes should feel comfortable the moment you try them on**

life from your feet's perspective

MORE QUESTIONS: PLEASE CONTACT US