

after40 extra

Feet, Don't Fail Me Now!

by: Cassie Wells

Have you ever wondered what your feet would say to you if they could talk? Just imagine... you're sitting down after a long day, maybe sipping a glass of wine, mentally making another "TO DO" list, taking off those shoes, rubbing those sore toes and all of a sudden you hear *"Abhhhh, thanks. That feels much better. Maybe try on a wider or a bigger size next time. High heels, flip flops, jogging and dance lessons haven't made life easy on us! We feet need comfort too, you know. Don't forget that we're changing too....we are after forty, just like you!"*

That probably doesn't sound like your typical early evening conversation, but just think how we have abused our feet over the years. Walking, running, dancing, and exercising....not to mention the shoes! How many times have we bought shoes that really didn't fit well because they were awesome and perfect for that special occasion? Be honest now....have you ever squeezed your foot into a poorly fitted shoe with socks that were too tight? Think of the pounding our poor feet have endured while we played endless hours of tennis, ran in a marathon, danced with that special someone and chased after



children. According to www.myfoothurts.info, since the feet are very small compared to the rest of the body, the impact of each step exerts a force about 50 percent greater than the person's body weight. During a typical day, most people spend about four hours on their feet and take 8,000 - 10,000 feet steps. If a woman weighs 120 pounds and takes 10,000 steps a day, the combined force is equivalent to about 24,000 pounds, or 1200 tons a day.

No wonder we have developed hammertoes, plantar fasciitis, bunions and heel spurs! According to Dr. David Porter, orthopedic surgeon with Methodist Sports Medicine/The Orthopedic Specialists, "Women are more susceptible than men to foot pain if they have a bunion, neuroma, hammertoes or stress fractures because of shoe wear and degenerative changes." He says the best thing we can do is to stretch and wear sensible shoes. "High heels are difficult on the forefoot and put increased weight bearing on the forefoot. Sandals are fine; there really is not a lot of down side to them. Flip flops are fine if you are sensible about the times and places you wear them."



If you have ever had to endure the anticipation of pain each time you got up from a chair, or in the middle of the night wondering if you could suffer the first step when your foot touched the ground, then you know how terribly vulnerable our feet are. Yet, do we think about the stress we put on our feet...no, we take them for granted. When should we see a specialist?

"When you have a lot of swelling associated with pain, collapse of an arch or pain that persists after a week or two after eliminating sources of pain such as high heel shoes or high impact activities, it's time to see a foot specialist," says Dr. Porter.

Besides wearing properly fitted shoes, what else can we do to save our feet? Many women turn to arch supports to relieve foot pain. Eric Bayha, owner of Good Feet in Fishers and Southport, says that when your feet are properly supported, your pain can be dramatically reduced, even eliminated. "Many of our customers have been able to walk again, work and even enjoy their favorite activities pain free," says Bayha. He says his arch supports are often recommended or prescribed by physicians, chiropractors and podiatrists. "We offer a line of arch supports that are thin enough to fit any shoes – even high heels." Arch supports at Good Feet begin at \$79.00. Packages, which offer multiple supports for different activities, begin at \$400. "It is important to be properly fitted for arch supports," continues Bayha. "You want to be sure the fitter takes into account the kinds of shoes you like to wear, the activities you do, the length or height of your arch and the level of support that feels best to you."

Thank goodness we now have some information and can put it to good use! Remember to stretch and wear good shoes before going out for that morning jog! Your feet will thank you for it!



Good Feet Arch Supports are designed and custom-fit to hold your foot in a more "ideal" position - redistributing body weight more evenly and helping to relieve pain from your feet, ankles, knees, hips and back!



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the Super Target