the foot group

foot facts

Though flat foot is the most common foot deformity, most people can live very well with it - participating in sports and even running marathons. "It's pain that brings people with flat feet into the doctor's office."
Although flat feet in young children are usually painless, the condition can become painful in adolescence or older. Sometimes, pain occurs during or after sports or other physical activity. Other times, there's aching pain at night or a tired feeling in the foot, ankle or leg. The heel can become red and painful if the Achilles tendon at the back of the ankle is involved. Calluses may form on the bottom of the foot.

Corns and calluses do not have roots. They are the effect of skin thickening in response to abnormal pressure and/or friction.

There are 33 joints and 20 muscles responsible for motion and stabilization of each of your feet.

Your feet mirror your general health. Such conditions as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet so foot ailments can be your first sign of more serious medical problems...

About 5 percent of the population has ingrown toenails or other toenail problems each year.

Despite the fact that so many people experience foot pain, only a fraction of seek treatment. The reason? Many people have the mistaken notion that their feet are supposed to hurt.
Walking is often the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-around well being.

High-heeled shoes place the foot into an unnatural position, affecting the foot and your posture. Prolonged periods of walking in high heels can place unnecessary stress on your back and neck, and result in permanent posture changes. It is not uncommon for women who have been in high heels for most of their working lives to find themselves in pain when they start to regularly wear flat shoes.

The human foot is a highly specialized structure containing 26 relatively small bones, more than 100 ligaments and an intricate network of muscles, nerves and blood vessels.

Foot disease is a major complication of diabetes. Nerve and blood vessel damage to the feet can lead to ulceration and lower extremity amputations. Effective early prevention and treatment of foot disease requires the correct approach.

The average person, engaging in non-strenuous activity, walks approximately 4 miles every day or about 115,000 miles in a lifetime

There are times when you're walking that the pressure on your feet exceeds your body weight, and when you're running, it can be three or four times your weight.

Sprained ankles are one of the most common injuries in sports. Because the inner ankle is more stable than the outer ankle, the foot is likely to turn inward (ankle inversion) from a fall, tackle, or jump. This stretches or tears ligaments; the result is an ankle sprain. The lateral ligament on the outer ankle is most prone to injury.

If your shoe salesperson tells you that you need extra shock absorbency in your athletic shoes because you have high (or low) arches in your feet, be wary. Scientific research just doesn't support the idea. In fact, current researcher indicates that, 'arch height cannot be used clinically to define a general foot type that is at risk of injury'

Many people buy shoes that do not fit their feet properly, and that tend to aggravate foot ailments.

If your feet lose their feeling, they are at risk for becoming deformed. One way this happens is through ulcers. Open sores may become infected. Another way is the bone condition Charcot (pronounced "sharko") foot. This is one of the most serious foot problems you can face. Your bones fracture and disintegrate, and yet you continue to walk on it because it doesn't hurt.