

The Capital Wellness Health Minute...



Foot Problems

With spring months upon us, I hope you are taking time to enjoy the weather. Get outside, walk around, and get some exercise... in other words, get off the couch! Remember this: in order to go anywhere or do anything, you need your feet.

Foot ailments, however, can slow us down and limit our ability to enjoy any season. From simple sprains and strains, Achilles tendonitis, plantar fasciitis, to flat feet, all can be managed with chiropractic.

Plantar fasciitis is a painful heel condition that, although not disabling, it limits activities such as running and jumping. It is associated with a knife-like pain in the plantar aspect of the heel pad and tends to be **worse in the morning**. Achilles tendonitis is an inflammation of the Achilles tendon, which attaches the calf muscle to the foot. A tight Achilles can be painful enough, and with inflammation the condition is even worse. Flat feet can result from weak leg muscles, which cause the arch to collapse and fall. This leads to foot and leg pain, as well as fatigue.

What causes foot and ankle problems? Although your foot is built to withstand motion and pressure, too many hours on your feet, sudden movements, or misaligned joints can lead to soft tissue and other problems. That is why at Capital Wellness we screen every patient's feet looking for a lost of arch. Loss of arches does cause structural imbalances in the skeleton that leads to nerve irritation and pain. A loss of an arch can cause pain in the knee and back. Bad arches can even cause neck pain and headaches!

Chiropractic can help resolve these problems by adjusting joints, restoring range of motion, and healing inflammation. To help prevent problems, periodically check athletic and casual shoes for uneven wear, always stretch before and after any activity, and keep yourself hydrated!!!

In good health,

Darryl T. Linder, D.C.

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Hours M,W 7-1, 3-6

TU,FR 7-1

TH 3-6

SA 8-10

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