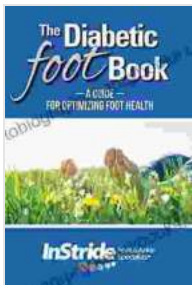


Guide for Optimizing Foot Health: A Comprehensive Resource for Healthy and Happy Feet

Your feet are the foundation of your body, carrying you through life and enabling countless activities. However, they often endure significant stress and neglect, leading to various ailments and discomforts. This comprehensive guide is your ultimate resource for optimizing foot health, providing valuable insights into common foot problems, preventive measures, and the importance of proper footwear. Whether you're an athlete, a healthcare professional, or simply someone who wants to maintain healthy and happy feet, this guide will empower you with knowledge and actionable advice.



The Diabetic Foot Book: A Guide For Optimizing Foot Health by Andrew Lacey

★★★★☆ 4 out of 5

Language : English
File size : 14469 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 90 pages
Lending : Enabled

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Common Foot Ailments

- **Plantar fasciitis:** Inflammation of the plantar fascia, a thick band of tissue that runs along the bottom of the foot, causing heel pain.

Plantar Fasciitis

What is Plantar Fasciitis?
 "Plantar fasciitis is an inflammation of the band of tissue in the foot that supports your arch and connects to your heel,"
 William Kimberly, M.D.,
 Orthopedic surgeon at Piedmont

Symptoms
 Heel pain with weight-bearing, or walking (hurts when you step out of bed in the morning)

Causes
 Plantar fasciitis can happen spontaneously without specific injury, but you have an increased risk if you:

- Are middle-aged
- Are a woman
- Have a job that requires a lot of walking or standing on hard surfaces
- Are a runner
- Have poor flexibility (aren't flexible)

Treatment

- Almost always treated conservatively without surgery
- Ice the heel
- Take anti-inflammatory medications like Advil or Motrin
- Use shoe inserts for added arch support and to cushion heel
- Do plantar fascia-specific stretches

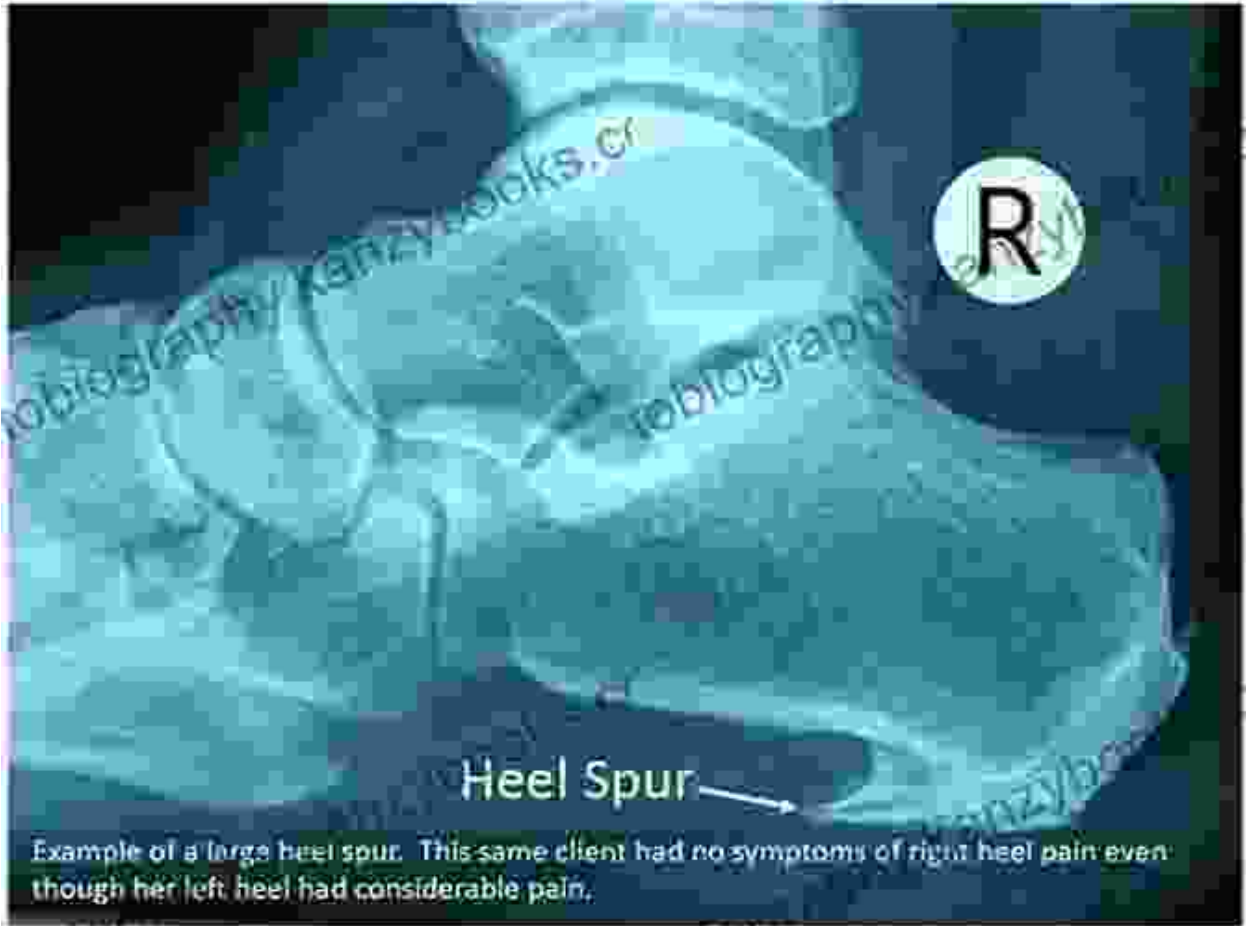
Plantar fascia-specific stretch

1. Cross affected leg over other leg
2. Grab affected foot and pull toes back towards shin to create tension and stretch arch
3. Hold for a count of 10. Do 10 repetitions, three times a day.

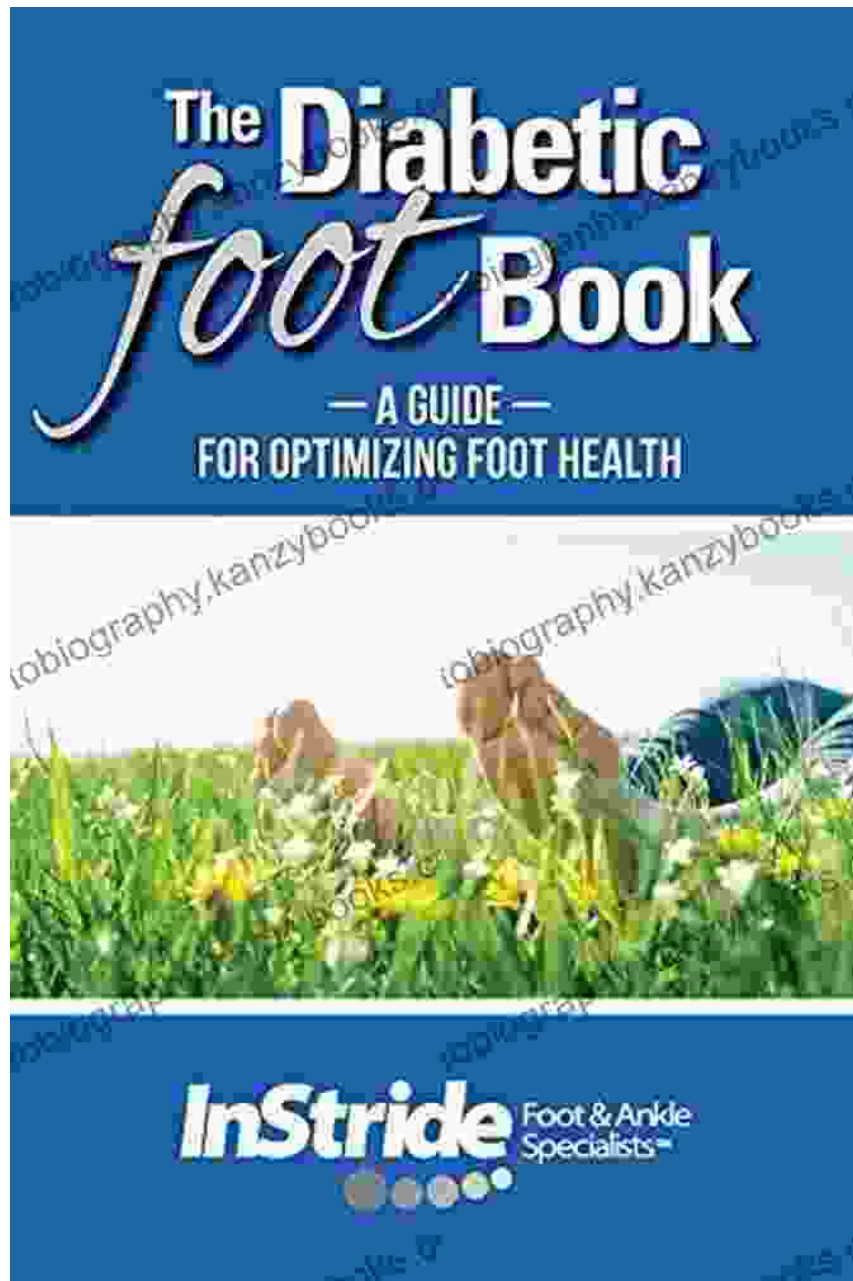
Plantar Fasciitis

Piedmont

- **Heel spurs:** Bony growths that develop on the heel bone, often associated with plantar fasciitis and causing heel pain.



- **Bunions:** Bony bumps that form at the base of the big toe, resulting in pain and deformity.



- **Hammertoes:** Toes that curl downward, often due to muscle imbalances or improper footwear.



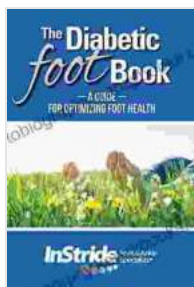
- **Ingrown toenails:** Nails that grow abnormally and dig into the surrounding skin, causing pain and infection.



Preventive Foot Care

1. Wear properly fitting shoes that provide adequate support and cushioning.
2. Trim toenails straight across and avoid cutting them too short.
3. Moisturize feet regularly to prevent dryness and cracking.

4. Wash feet daily with soap and water, and dry them thoroughly, especially between the toes.
5. Avoid prolonged standing or walking in high heels.
6. Stret

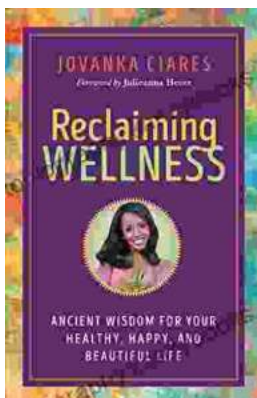


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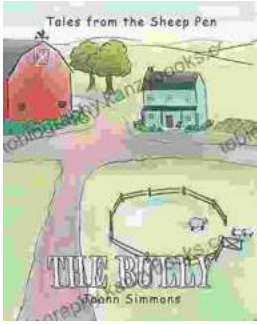
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