

NEW HEALTH CONCEPTS WELLNESS & REHAB CENTER



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Foot Pain

In this month newsletter we are going to discuss the causes & type of foot pain.

Foot pain is very common. About 75% of people in United States have foot pain at some point of their lives. Foot pain can be caused by shoes that don't fit or the used of high heels or pointed-toe shoes.

To explain the complexity of the foot, let me tell you that the foot has 26 bones & 33 joints, layered with a web of 120 muscles, ligaments & nerves.

The foot serves to support weight, it act like a shock absorber, serves as level & helps maintain balance.

Because of the size of the feet in comparison with the rest of the body, the impact of each step applies tremendous force upon them. This force is 50% greater than the person's body weight. During a typical day, people spend about 4 hours on their feet and take 8,000 to 10,000

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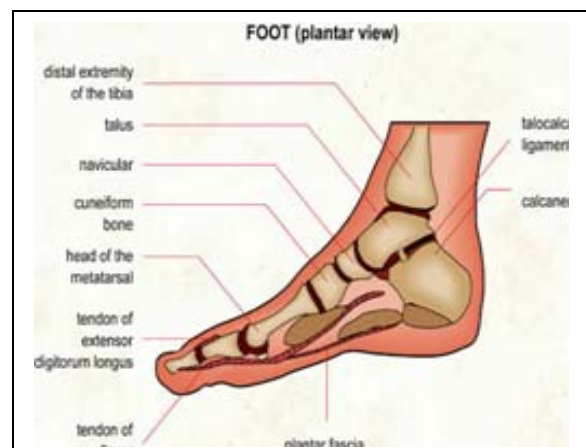
steps. Meaning that the feet support a combined force equivalent to several hundred tons every day.

Foot pain generally starts in three places: the toes, the front of the foot (forefoot) or the back of the foot (hindfoot).

Heel & Back of the Foot Pain

The heel is the largest bone in the foot. Heel pain affects 2 million people every year. It can occur in the front, back, or bottom of the heel. Types of heel pain includes:

- (a) Achilles tendinitis
- (b) Bursitis of the heel
- (c) Excess motion to adapt to uneven surfaces
- (d) Haglund's deformity
- (e) Heel spur
- (f) Plantar fasciitis



Achilles Tendinitis

Achilles tendinitis is an inflammation of the tendon that connects the calf muscles to the heel bone. This condition is caused by small tears in the tendon from overuse or injury. This condition is more common in people who do high impact exercises, like jogging, racquetball & tennis.

Plantar Fasciitis

Plantar fasciitis occurs from small tears & inflammation in the wide band of tendons & ligaments that stretches from the heel to the ball of the foot.

This band forms the arch of the foot & help serve as a shock absorber for the body.

Plantar means sole of the foot & fascia refers to any fibrous connective tissue in the body.

Plantar Fasciitis can be experience in the heel. This pain often spread to the arch of the foot.

The cause of plantar fasciitis is related with overuse during high-impact exercise & sports. Other causes include poorly-fitting shoes, lack of calf flexibility or uneven stride.

Excessive Pronation

Pronation is the normal motion that allows the foot to adapt to uneven walking surfaces & to absorb the impact. This excessive pronation occurs when the foot tends to turn inward & stretch & pull the fascia. It can caused heel pain & also hip, knee, and low back problems.

Heel Spur Syndrome

Heel spurs are calcium deposits that can develop under the heel bone as a result of inflammation. Heel spurs can develop without causing any symptoms at all.

Bursitis

Bursitis of the heel is an inflammation of the bursa, a small sack of fluid beneath the heel bone.

For a "FREE CONSULTATION" call our office at (440) 324-2637 or (440) 277-8064.

