

A PATH TO HEALING... (Continued page 11)

an unbearable sharp pain.

No matter the age, foot pain is not normal. If your feet begin to look, smell, and feel unhealthy, do not ignore these signs. It could be a sign of a foot condition.

FOOT PAIN AND MANAGEMENT

There are many foot issues affecting people today. From the pain of a sprain to numbness of neuropathy, these conditions affect individuals of all ages.

SHOULD I SEE A DOCTOR?

According to the Institute for Preventative Foot Health (IPFH), education on what causes foot conditions and learning how to prevent/treat them is easier than you think. Seeing a health care professional is the perfect beginning.

Many foot conditions can be treated and prevented through care provided by specialists in the field of podiatry.

Podiatry or podiatric medicine is a branch of medicine devoted to the study, diagnosis, and medical/surgical treatment of disorders of the foot, ankle, and lower extremity. Doctors in this field can help you diagnose and treat the conditions that affect the foot, ankle, and structures of the leg.

If you live with chronic foot pain, don't tiptoe around the subject. Schedule an appointment with a podiatrist.

All you have to do is take that first step.



A LIST OF KNOWN FOOT CONDITIONS THAT SOME INDIVIDUALS STRUGGLE WITH:

Achilles	Fractures	Fibroma
Tendinitis	Gout	Plantar Warts
Athlete's Foot	Haglund's	Posterior Tibial
Black Toe	Deformity	Tendinitis
Blisters	Hallux Rigidus	Posterior
Bruises	Hammertoe	Tibial Tendon
Bunions	Heel Pain	Dysfunction
Bursitis	Heel Spurs &	Sesamoiditis
Calf Pain	Bone Spurs	Sever's Disease
Calluses &	Ingrown	(calcaneal
Corns	Toenail	apophysitis)
Charcot Foot	Metatarsalgia	Sprains
Children's Foot	Morton's	Strains
Conditions	Neuroma	Tarsal Tunnel
Cold Feet	Narrow Heels	Syndrome
Cracked Heels	Neuropathy /	Toe Blisters
Drop Foot	Numbness	Toe Pain
Eczema	Peripheral	Toenail Fungal
Flat Feet	Arterial	Infection
Foot Odor	Disease	(Toenail
Foot Pain &	Plantar	Fungus)
Soreness	Fasciitis	
Foot Ulcers	Plantar	

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