

A PATH TO HEALING: ¹¹

One Step at a Time

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Feet are remarkable, yet they remain overlooked and over-worked. Imagine the work and pressure they endure daily. Simply walking around for hours every day puts hundreds of tons of force on them. Naturally, there's no surprise that every day wear and tear on the feet will eventually cause a foot condition. Foot conditions vary depending on the individual. For example, if you have a chronic illness, such as diabetes or arthritis, you are especially vulnerable to specific foot conditions.

FACTS ABOUT FEET:

Together, two feet contain over fifty bones, which account for almost one fourth of all of the bones in the human body. They also house more than sixty joints and two hundred muscles, ligaments, and tendons.

To be precise, each foot has 26 bones, 33 joints, 107 ligaments, and 19 muscles and multiple tendons that hold the structure together and allow it to move

in various ways.

A pair of feet also have approximately 250,000 sweat glands, and can excrete as much as half a pint of moisture each day!

HOW AMAZING IS THAT?

What's more astounding is the fact that statistically only five percent of the US population sees a Podiatric Physician, even though about nineteen percent of the population experiences foot problems every year.

FOOT PAIN & MANAGEMENT

Muscles and bones are vulnerable structures. Like anything fragile, they are susceptible to tears and breaks.

Through sports, simple daily activities, accidents, or poor health, foot problems may arise. Over time, that dull ache you are experiencing can soon become

(See A PATH TO HEALING, page 14)



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