

## enhancing physical activity

### Are you foot smart?



Mr. Chaitanya Shah  
Consultant, Practicing Podiatry

**E**ven though only a small percentage of the population is born with foot problems, three out of four people experience serious foot complications in their lifetime. There's a reason: Our feet are perhaps the most neglected part of our body. We expect them to perform; we expect that,

at times, they'll be uncomfortable, and then when they hurt we just put up with it.

The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles. One fourth of all the bones in the human body are down in our feet. They're truly amazing and wondrously engineered, and we need to look after them. However, when these bones are out of alignment, they cause rattling to the rest of the body, just as what happens to your vehicle if the wheels are not balanced and out of alignment.

Healthy feet are fundamental to the quality of our lives. They are the indicators of our overall health. It is possible to detect the signs of arthritis, diabetes, nerve and circulatory disorders in our feet. Foot ailments, then, can be the first sign of more serious medical problems.

Arthritis is the number one cause of disability. It limits our physical activities to a great extent including everyday dressing, climbing stairs, getting in and out of bed or walking. If it is neglected due to lack of awareness and proper care – including wearing wrong-sized and ill-fitting shoes – it can bring on considerable problems. Women have about four times as many foot problems as men. Fashion footwear and high heels are partly to blame.

Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being. Many people have one foot larger than the other, when measured in standing position. So it's best to buy the shoe according to the larger foot.

An average person takes 8,000 to 10,000 steps a day, which adds up to about 175,000 kilometer over a lifetime. That's enough to go around the circumference of the earth four times! Our feet do all this work. Isn't it only fair, then, that we ensure that our feet get the expert care they need and deserve at all stages of our lives?

# LIVE LIFE **PAIN** *free*

## India's First Foot, Ankle & Lower Limb Biomechanics Clinic

### Provides solutions for:

- Heel Pain
- Corn / Calluses
- Bunion (Hallux Valgus) / Hammer Toes
- Metatarsalgia
- Achilles Tendonitis
- Flat Foot
- Diabetic Foot
- Ankle Sprain
- Calf Pain
- Tired Aching Legs
- Leg Length Discrepancy
- Faulty Lower Limb Biomechanics
- Knee Pain
- Hip Pain
- Lower Back Pain

**ORTHOFIT**<sup>®</sup>  
Enhancing Physical Activity for Healthy Living

101/105, Doctor Centre, 135 A. K. Marg,  
Kemps Corner, Mumbai- 400 036.

Tel: 022 6570 1674 • 022 6564 6300

E: doctor@orthofit.in • W: www.orthofit.in