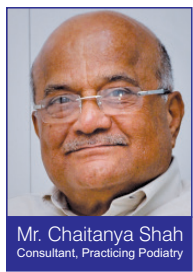


## FOOT AND ANKLE INJURIES ON THE RISE ACROSS ALL AGES



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The foot and ankle joint is meticulously designed to adapt to different surfaces, impact, absorb shock while carrying your body weight during various physical activities. The foot must be capable of changing into a rigid structure to stabilize and move the body forward for 'Normal Foot Function'

However, almost all of us suffer from 'Abnormal Foot Function' caused by the weight bearing activities which makes the foot and ankle joint most vulnerable to minor to acute injury and deformities.

### FACTORS RESPONSIBLE:

- Walking on hard and uneven surfaces
- Wearing ill-fitting/improper footwear
- Ignored foot and ankle strengthening
- Early return to normal activity after injury
- Excessive body weight
- Ignoring foot, ankle and lower limb alignment issues.

### THIS MAY LEAD TO:



**ANKLE SPRAIN:** An injury to ligaments connecting the bones in the foot, ankle, and lower leg. The joint may become unstable and weak.



**HEEL PAIN:** Inflammation of the Plantar Fascia attachment due to erratic stretching. If ignored, may lead to abnormal growth of the heel bone (Spur).



**ACHILLES TENDONITIS:** Inflammation of the Achilles tendon. The pain symptom may be shooting, burning or extremely piercing.



**ARCH PAIN:** An inflammation and/or burning sensation at mid foot due to over pronation, structural imbalance, or wearing flat footwear.



**FLAT FEET/PRONATED FEET:** Most people (75%+) suffer from excessive pronation due to flat feet during their weight bearing activities.



**BALL OF FOOT PAIN:** It is common in people with heavy weight walking with excessive pressure on forefoot and among women wearing high-heeled shoes.



**CALLUSES & CORN:** Callous and corns result from constant repetitive rubbing and friction on the foot at the same spot.



**HALLUX VALGUS (BUNION):** A bunion is a growth resulting from an enlargement of the joint at the side of the big toe.

### GENERAL TREATMENT AND PREVENTION:

- Orthotics to realign the foot, ankle and lower limb to neutral position
- Wearing proper size and fitting shoes
- Maintain lower limb muscle strength and flexibility
- Orthotic Brace for extra support during physical activities
- Fat loss and muscle gain

Appropriate alignment of foot, ankle and Lower Limb  
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