HOW TO MAKE FEET LAST A LIFETIME

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HOW TO MAKE FEET LAST A LIFETIME

- Be good to your feet.
- Wash them daily.
- Wear shoes that fit well.
- Don’t wear stupid shoes!
- Don’t do too much, too soon.
- If they are dry, use moisturizing cream.
- If they hurt, go see a podiatrist.
GENERAL FACTS

- Engineering marvel
- 26 bones/foot
- Carry us 110,000 miles/lifetime
- Adjust to different surfaces
- Cope with 1.5X body weight with walking
- Cope with 2.5X body weight with running
- And they aren’t to suppose to hurt!
HOW TO MAKE FEET LAST A LIFETIME

- Foot Function
- Common Foot Problems
- Diabetes and the Feet
- How To Buy Shoes
Foot Function

Motions

Supination – inverted or rolled out position
   Rigid
   Lever for push off

Pronation – everted or rolled in position
   Loose bag of bones
   Adapt to uneven surfaces
PRONATED vs. SUPINATED
FOOT FUNCTION

- Cushioned landing
  - Achieved by pronating

- Adapt to uneven ground surfaces
  - Achieved by being in the pronated position

- Be a rigid lever for push off
  - Achieved by being in the supinated position
SEVERAL POINTS

- When your feet hurt, you hurt all over.
- It’s funny how something so little can hurt so darn much.
- Our Belief: YOU’RE FEET ARE NOT SUPPOSED TO HURT!
COMMON FOOT PROBLEMS

- Heel pain/ plantar fasciitis
- Bunions and hammertoes
- Forefoot issues
- Corns and calluses
- Nail problems
- Stress fractures
- Neuropathy
- A few skin conditions
HEEL PAIN

Plantar fasciitis

**Structure**

**Symptoms** - initial WB
- worse barefoot

**Treatment** - conservative Tx works!
- calf stretching
- orthotics,
- cortisone,
- good shoes,
- NSAIDs,
- PT
PLANTAR FASCIA
BUNIONS

Bunion – prominence on the medial aspect at base of the great toe

Etiology - heredity
- shoes

Treatment
- wider shoes  - toe spacer
- stretching shoes  - bunion shield
- surgery
STRESS FRACTURES

Stress fracture
Broken bone

Etiology: repetitive stress on a bone
- poor bone quality
- training error

Treatment: - rest
Figure 1. X-ray showing stress fracture in second metatarsal.
HAMMERTOES

- **Hammertoes** – curled or crooked toes

- **Etiology** - tendon imbalance

- **Treatment** - shoes deeper and wider
  - padding
  - digital device
  - orthotics
  - surgery
HAMMERTOES (cont.)
FOREFOOT PROBLEMS

- **Metatarsalgia**
- **Fat pad atrophy**
- **Neuromas** - pinched nerve growth
  - Etiology – trauma
  - Treatment - met pad - orthotics
    - cortisone - surgery

**Synovitis** – inflamed joint or torn plate
- Treatment - met pad - tape toes
  - cortisone - surgery
NEUROMAS
CORNS AND CALLUSES

- Thickening of skin
  Location - toe = corn
  - bottom of foot = callus
  Etiology - Friction
  Treatment - avoid friction - padding
  - shoes that fit - reduction
  - creams - surgery
HEEL CALLUSES

TOUGH SKIN

The Foot Care Softner

Unhealthy

Healthy
INGROWN TOENAILS

- **Ingrowing nails**

- **Etiology**
  - Trimming Incorrectly
  - Genetics

- **Treatment**
  - Soaks
  - Reduction of Nail
  - Surgery
OTHER TOENAIL ISSUES

Toenail issues – many etiologies

Fungal toenails = Onychomycosis
- Thick, Crumbly, Discolored
- **Etiology**: fungus
- **Treatment**: - Vicks - Topical meds
  - Laser - Oral Meds
NEUROPATHY

Malfunctioning of the nerves

Etiology: Diabetes
    Chemo
    Back problem
    Tarsal tunnel syndrome
    Idiopathic
NEUROPATHY

TREATMENT

- good glucose control
- tarsal tunnel release
- vitamin B and other supplements
- topical nerve pain creams
- lidoderm patches
A FEW SKIN CONDITIONS

**Athletes foot**: etiology is fungus  
Tx is cream

**Seed corns**: 2 mm size hard corn  
: Tx - Trimming, Cream, Excision

**Warts**: Etiology is virus  
: Tx - creams, duct tape, laser, excision

**Dermatitis**: Etiology is many things  
Tx is usually topical creams
WARTS
Diabetes and the feet

Increased blood glucose =

Poor healing

Poor nerve function
  Decreased sensation
  Burning and tingling
Diabetes and the feet

Premise: NO FEELING IN YOUR FEET

Don’t’s:
- Don’t go barefoot
- Don’t use heating pad or hot water

Do’s:
- Inspect feet visually
- Check shoes before putting them on

Diet Advice:
Diabetes and the feet

Neuropathy
Supplements
Vit B12
Pain creams or lidoderm patches

Diabetic shoes and inserts

Regular foot check ups
SHOE SELECTION ADVICE

- When to buy shoes
- Inspection of shoes
- Fit: Thumbs width length
- Try on both right and left
- Shoe qualities: Heel counter, Stiff shank, Removable insert
- Different scenarios
SHOE SPECIFICITY

Different activity – Different shoe

The good old days – Black Converse
HOW TO MAKE FEET LAST A LIFETIME

Foot function

Common foot problems

Diabetes and the feet

Shoe selection advice