

Podiatry In Motion

Bay Area Foot Care

October 2016 | Issue Number 46



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Latest Technology in Running Shoes

Traditional running shoes have evolved greatly for years to achieve the utmost comfort designed to give improvement in your running activity. Manufacturers also use improved materials for better protection from injuries.

What are the shoe features that are good for running?

The latest running shoes have foams or gels located on the heels, forefoot, and toes, unlike traditional shoes which consist only of flat pads.

These foams or gels are located at the areas where weight is shifted when one walks or runs. It serves as a shock absorber, leaving lesser tension on your foot upon impact and instead shifting this tension to the gels. It also acts like a spring - when lesser pressure is added on the gel, it comes back with greater energy and speed.

Another feature that you might have been noticing is that shoes are getting lighter and more flexible. Manufacturers have applied the laws of aerodynamics, where the design of the shoe should not resist air as much as possible to gain more speed. The flexibility and light weight also allows your feet to work on its own naturally, using all those muscles as it is supposed to.

It's like running bare feet but with protection, support, and proper alignment in each step you take. Wrongly fitted shoes can cause injuries and deformities. They can also cause spinal problems due to wrong shifting of weight and imbalance.

Some shoes also act as orthotic devices. They are designed in such a way they correct your running form and style.

There are several types of running shoes, depending on the type of running activity you do. These include shoes for long runs, gym, general use, or for sprints. All these types of shoes have different features that are specifically designed for your kind of running activity.

Whether you're joining a marathon, running on a treadmill, or flashing to that 100 meter dash, your feet deserve the best pair of running shoes to achieve maximum performance. ♦





Seniors and Regular Foot Check-ups

As we age, our feet are not exempted from the aging process. This may be due to over usage, previous injuries, diseases, or simply just not taking good care of them since their prime years. It is said that one out of three old aged people experience foot problems and pain.

What could be the risk factors of having foot problems in the future?

Although it is nonspecific and unclear, these are the common risk factors that are suggested by researchers and health care providers:

1. Obesity- overweight people have a higher prevalence of having foot problems in the future. Research shows that obesity causes increased plantar surface pressure, particularly on the midfoot and below the toes.

2. Females- this is due to the usage of high-heeled shoes with a narrow toe box. Elevated heeled shoes increases plantar pressure on the toes, making women's feet more prone to have toe deformities.

3. Existing multiple chronic disorders- studies suggested that foot pain in older people is usually due to generalized osteoarthritis or systemic pain syndrome. Other diseases that affect the foot include diabetes, rheumatoid arthritis, stroke, and multiple sclerosis.

Foot problems may cause harmful consequences to the fragile, old person. Consequences like limited ability of walking may prevent the old-aged person from doing his or her activities of daily living.

This can also cause fall injuries as a result of altered functional base support of the foot when walking. The quality of life that impaired feet can bring has an overall impact on one's physical, mental, and social well-being.



Avoiding the risk factors is substantial in reducing the occurrence of foot problems. Proper diet and exercise, footwear considerations such as avoidance of wearing elevated and tightly-fitted shoes, and treatment of underlying medical conditions may prevent worsening of foot disabilities.

Routine check-ups to your podiatrist may also help identify potential problems early on, and have them treated! ♦

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Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries, do feel free to contact **Bay Area Foot Care** (see details left).

Once again, thanks for your unwavering support!

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