

FOOT IN MOTION

Our activities of daily living inherently involve interacting with the physical environment: the complexity of our bipedal walking is commonly done in an apparent remarkable easiness. We definitely want to keep feet in the best possible shape, as if they hurt your mobility and enjoyment of life are affected.

Movements allow children to connect concepts to action and learn through trial and error; as people age, their joints can lose fluid and tissue and this can cause pain and stiffness: motion is like lotion for joints and for independence to care for their selves.

Many foot pathologies are of biomechanical, infective or inherited nature. The Podiatrist is the foot specialist who can diagnose, prevent and rehabilitate complications of the feet, relief pain and keep people of all ages mobile and active.

In an average lifetime we walk 1000,00 miles: it is what our bodies are designed to do, but there are some sensible precautions we can take to ensure that our feet continue to give good service.

Healthy feet, at any age, enable to continue being active as we want, with less pain as possible.

Damaging feet due to inherited conditions, badly fitting shoes and illness can cause serious harm to our bodies and daily life, preventing from completing our daily tasks.

References:

Gait adaptability

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