

# STOP FOOT PAIN WITH THE USE OF 3-D ORTHOTICS

## FAST FOOT FACTS

- Each foot has 26 bones, with 33 joints, 107 ligaments and 19 muscles which together support 97% of your weight.
- The average person takes 8,000 to 10,000 steps a day which translates into 115,000 miles in a lifetime or more than four times the circumference of the globe.
- A 150lb person walking one mile exerts the equivalent of 63 ½ tons...127,000 lbs. on each foot and if you're a runner these forces are 3 to 5 times greater.
- Women are 4 times as likely to incur foot problems as men.

## DO YOU HAVE ANY OF THE FOLLOWING?

- Low back or hip pain
- Ankle, knee, foot, leg pain
- Cramping, aching or tired legs
- Shin splints
- Recurring ankle sprains
- Calluses, bunions, blisters
- Arthritis
- Diabetes

## TRY THE FOOT PUSH-UP TEST

1. In bare feet, stand facing a kitchen counter.
2. Place your palms on the counter with slight pressure.
3. Stand with your back straight, and lift one foot off the floor.
4. Slowly lift the heel of the other foot, placing all of your weight onto the ball of your foot.
5. Slowly lower your heel back to the floor.
6. Do 10 foot push-ups.

Repeat with steps 1-6 with the other foot.

## DID YOU HAVE PROBLEMS DOING JUST ONE PUSH-UP?

If you cannot rise up onto the ball of your foot without putting lots of pressure on your hands, leaning over the counter or experiencing pain, your arch may have a mechanical problem. The arch tendon can stretch or rupture, leading to lowering of the arch.

## WERE YOU ABLE TO DO ALL 10 WITHOUT A PROBLEM?

If you can easily rise up onto the ball of your foot, but have difficulty performing all 10 repetitions, you may be suffering from arch fatigue. Exercises focusing on strengthening and stretching leg muscles will help this problem.

## DID YOU HAVE PAIN IN YOUR ARCH DURING THE EXERCISE?

If you can easily rise up onto the ball of your foot but experience pain in your arch, your arch may be inflamed and may have been overworked. Consulting your chiropractor for weak and overworked arches is recommended to manage the problem and keep your feet healthy and free of pain.

## 3-D ORTHOTICS STOP THE PAIN

- Identify high pressure points on your feet.
- Check to see if one leg is longer than the other that could be creating body imbalance.
- See your arch in 3-D motion and find out if it's collapsing too much.
- View your gait line to see how much your feet may be shifting too far inward (overpronation) or too far outward (oversupination) while walking.
- Capture a 3-D image of your feet, so if orthotics are needed they can be molded to fit the exact contours of your feet.



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