

Our feet have a direct impact on our body. Much like the foundation of a house, it supports the weight above it—so much so that a simple foot problem can cause a chain reaction in our posture.

THE 4 DEGREES OF SEPARATION BETWEEN PAIN & PLEASURE

Even the most subtle change in the way we walk can put stress on joints higher up in our body, which may result in secondary problems. Here's everything you need to know to keep your feet in great shape.



Of all the bones in our body, 25% are in our feet.



The average person takes 8,000 - 10,000 steps each day & 128,000 km over a lifetime.



Women have 4x as many foot problems as men due to poor fitting footwear including high heels.



40% of Australians will experience foot problems in their lifetime.

THE KEY TO PROPER FOOT FUNCTION AND BODY POSTURE IS KEEPING THE LOWER LIMBS IN THEIR NATURAL ALIGNMENT

FOOT PROBLEMS



COMMON CAUSES

- 1 Poor warm up/stretching before activity
- 2 Abnormal foot mechanics (over pronation)
- 3 Excessive hill running or speed work
- 4 Rapidly increasing intensity of exercise
- 5 Wearing inappropriate or worn out shoes

BEYOND 4°
difference
(175° & BELOW)
recommended for better alignment



WITHIN 4°
difference
(176° - 180°)
considered normal and healthy

EVERY STEP MAKES A DIFFERENCE.

FOOT SUPPORT

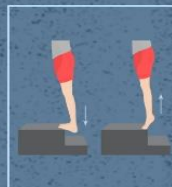


Orthotics are shoe inserts designed to improve, correct, or modify foot function.



- feet are comfortably supported
- bones are correctly aligned
- pain is prevented

EXERCISES



CALF RAISE



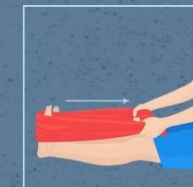
CALF MUSCLE STRETCH



STANDING SOLEUS STRETCH



PLANTAR FASCIA STRETCH



TOWEL STRETCH



Looking to cure your foot problems? Visit www.docpods.com for a complete list of our orthotic solutions for various conditions.

