

Footwear - the root cause of Foot, Knee and Back Pain

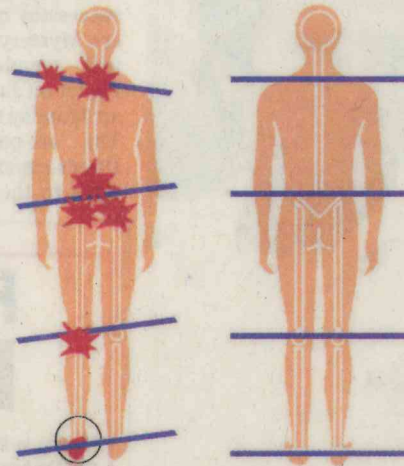
PEOPL assume that deformities of the foot are purely due to aging and cannot be avoided. Even few doctors believe the same. If this is true, have you wondered why young people suffer from foot problems? Also, have you ever noticed that some people have deformities in one foot and sometimes two different deformities in their feet? Have their feet aged differently? That is not possible. Therefore age cannot be the reason.

Foreign studies reveal that people who walk barefoot are less prone to foot deformities. This is the reason that people in rural areas who walk barefoot don't manifest any foot deformities and even ankle,

tion. This further affects the other joints such as knee, hip and back leading to deformities which are very painful. The reason is evident that it is because of wrong foot placement.

The entire body mass and bones are balanced on the feet thereby determining the natural aligned position of the body. By distorting the position of one or both feet of the body the overall alignment of the skeleton is changed. This leads to development of stresses in the muscles and thereby deforming all the joints. Therefore we can conclude that if we maintain the foot in the natural alignment of the body, which is parallel to the

As we read before the most common way of distorting the natural alignment is by overuse of worn out footwear. To avoid that the solution is to use good quality footwear that is custom made to the exact size of the foot. Shoes that are too loose or too tight should not be worn. The shoes should be regularly checked for the outer sole wear and replaced if needed. This



help restore the natural alignment. Modern technology has helped develop Customized Foot-Match Insoles that are made by 3D scanning the patients deformed foot and carrying out modifications to make the foot parallel to the ground. These insoles when worn in customized shoes or sandals will not only prevent the deformities from occurring but also start correcting existing deformities. This will further help in aligning the ankle, knee, hip and back preventing any deformities from occurring thereby avoiding surgeries.

knee, hip and back deformities. Studies also state that people who use shoes, sandals and slippers eventually get various lower limb deformities.

Biomechanics suggest that if the foot is placed in a wrong position other than the biomechanically aligned position the above mentioned deformities are surely to occur. By nature it is known that if you place any body part in a wrong position for a long time it will adapt to this new position and gradually lead to a permanent deformity.

Let us assume that your right shoe outsole has completely worn out. While walking with this shoe, the foot also is placed in a wrong position and we continue to walk in the wrong position. After prolonged use of the same footwear the foot keeps falling in new position and this leads to a permanent deformity of the foot as it has moved from its biomechanically aligned posi-

ground, any such foot, ankle, knee, hip or back deformities can be avoided.

Is it possible to retain the natural alignment?

will help you prevent the onset of deformities.

But for people already suffering from foot deformities, they need a solution that will

- Prachi Kabra &
Dr. Swapna Penugula
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