



# B.E.S.T. PHYSICAL THERAPY NEWS

**B.E.S.T. Physical Therapy** is proud to present  
the following **FREE** lectures:

1. **Dr. Ami Sheth, Podiatric Surgeon** on Wednesday, **January 12** at 6:30 pm at our Cupertino clinic to discuss typical orthopedic foot dysfunctions
2. **Dr. Matthew Miller, Orthopedic Surgeon** on Wednesday, **January 26** at 7pm at our Almaden clinic to discuss Advances in Minimally Invasive Knee Replacement Surgery
3. **Dr. Zack Vaughn, Orthopedic Surgeon** on Wednesday, **February 9** at 7pm at our Almaden clinic to discuss Advancements in the Treatment of Shoulder Injuries.

Call 408-257-2225 or email [bestpt@bestphysicaltherapy.com](mailto:bestpt@bestphysicaltherapy.com) to RSVP



Oh, my aching feet! Most of us at one point or another have said this statement out loud. About 75% people in the United States have foot pain at some time in their lives. It can make even the simplest of tasks such as walking and standing unbearable, and can sideline you from participating in the activities you love most. Many foot symptoms are caused by shoes that do not fit properly or that force feet into unnatural shapes, such as pointed-toe or high-heeled shoes. Therefore, you should never compromise on the quality of your shoes. If possible, have your gait (walking pattern) analyzed by a shoe expert or physical therapist to make sure your entire foot is being properly supported by your shoes.

If you are a runner, try running on softer surfaces or on a treadmill which will cushion the impact of each stride.

Because the feet are very small compared with the rest of the body, the impact of each step exerts tremendous force upon them. During a typical day, people spend about 4 hours on their feet and take 8,000-10,000 steps which means their feet support a combined force equivalent to several hundred tons every day.

Overuse problems usually develop a few hours or up to a day after exercise or activity. These injuries often respond well to home treatments which should be started within 48 hours after a trauma. Just follow the RICE method:

1. Rest: Keep weight off of the injured foot as much as possible
2. Ice: Place an ice pack on your foot for 15-20 minutes three times a day
3. Compression: Use a compression bandage to reduce swelling
4. Elevation: Elevate your foot to help reduce swelling

Overall, the foot is the first point of impact when we walk. And by caring for our feet by wearing supportive and cushion-providing footwear, we can make that walk in the park an enjoyable one!

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