



B.E.S.T. PHYSICAL THERAPY NEWS

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

1. **Dr. Steven Tager, DPM**, podiatrist, will lecture on “Everything you wanted to know about feet but were afraid to ask” on **July 6, 2011 at 6:30pm** at our Cupertino location. Dr. Tager is board certified with more than 40 years of experience in lower extremity biomechanics, foot surgery and sports medicine.
2. **Dr. Stidham, DO**, orthopedic surgeon, will lecture on “Rotator Cuff Shoulder Surgical and Biogenic Interventions” on **August 10, 2011 at 6:30pm** at our Cupertino location. Dr. Stidham specializes in sports medicine and arthroscopic shoulder, knee, elbow, hip and ankle surgery.

Please call today to reserve your spot at this lecture!



Foot pain is not normal, but 8 out of 10 people polled state they have had at least one foot ailment in the past year. Although foot pain is abnormal, people tolerate it for months or years because they don't realize the cause. Many foot changes are age-related and may be significantly improved with some suggested care:

1. Pay attention to hygiene and pedicures. Toenails should be cut straight across to avoid ingrown nails. Also, dry foot skin should be moisturized to avoid cracking and to ward off infections because bacteria can enter through cracked skin. If you get pedicures, be sure the facility is clean and take your own pedicure tools.
2. Expect your feet to change as the years go by. With age, we lose some of our fat pads (on the bottom of the foot) which act as cushioning, and therefore we might need sturdier shoes with internal padding. Also, arthritic changes may occur causing toes to contract, and nails to become thicker, thus making ingrown toe nails more common. Hammertoes also occur, where the middle joint bends down and the toes begin to look deformed. Bunions can occur causing bony bumps at the base of the big toe which are painful and limit range of motion. Generally, feet become longer and wider as the tendons in the feet loosen, so your shoe size may change with age. You should get your feet measured when buying new shoes at the store.
3. Wear shoes that fit and that match your activity. Shoes that are too tight in the toe box will squeeze the front of the foot and encourage corns and possible nerve irritation within the foot. Also, you should shop for shoes at the end of the day because your feet tend to swell as the day progresses. Walking shoes have different features than running shoes, and each should be purchased for the appropriate activity for optimal foot comfort and support. When buying shoes, get educated on which shoes will support your specific problem. For instance, for a foot that over-pronates (foot roll inward too much) you will need a stronger arch support.
4. Reconsider stilettos and flip-flops. Women's shoes that are three or more inches high may look glamorous but they are not smart choices for healthy feet. You should only wear higher heels for occasions where you will not have to stand for long periods of time to prevent excessive pressure on the ball of the foot. Flip-flops are also a poor shoe choice because there is no arch or heel support and therefore any foot problems you might have will remain uncontrolled. On the same subject, going barefoot is also a risk for some. It is easier to step on a painful object or stub the toe when going barefoot, and bare feet risk fungal infections in moist areas like a health club.

Overall the foot is the first point of contact between your body and the world, so protect it for a longer, pain-free walking life.

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