Back to School Foot Pain

AFTER WEARING FLIP-FLOPS ALL SUMMER, STUDENTS HEAD BACK TO SCHOOL WITH PAINFUL FEET

The sounds of back to school season include the ringing of school bells and cash registers, the slamming of locker doors, the noisy ruckus of school hallways and cafeterias, and the moans and groans of students over tests, homework, relationships, and increasingly, their aching feet.

Flip-flops are the summer footwear of choice for many students. But while these sandals are inexpensive and stylish, they don’t cushion or support the foot, leading to problems. After wearing flip-flops all summer, some students will head back to school this fall with foot pain and even injuries. The American College of Foot and Ankle Surgeons (ACFAS) reminds parents and students that foot pain isn’t normal and can be reduced or eliminated.

People often don’t realize that even into your mid-teens, there’s new bone growing in your heel. Flip-flops don’t cushion the heel, so repetitive stress from walking can inflame that heel bone growth area and cause pain and tenderness.

Heel pain and arch pain rank among the most common complaints among students who wear flip-flops. Other flip-flop feet problems students can take back to school include inflammation of the Achilles tendon,
NEW ARRIVAL...

Just In Time For Fall

Levelast® is a premium specialty footwear brand, founded by a team of experienced footwear professionals.

Shoes with a neutral heel have little to no change in height from heel to toe. This allows your foot to be "level" which is natural and healthy. We know that a level foot allows your body to disperse pressure evenly across several zones of the foot, and also reduces ground impact on specific areas.

A shoe "last" is an object with a shape similar to that of a human foot – it’s used to design a shoe with a particular heel height, foot shape, and toe shape. Levelast® shoes embrace the notions of "level foot" and "generous last" to create a unique and supremely comfortable standing and walking experience, as well as more natural foot and body biomechanics.

They have also developed their own unique and proprietary material, Trileon®, which enables their shoes to be ultra-lightweight, resist odor, and absorb ground impact.

Foot and ankle surgeons can usually reduce or eliminate students' foot pain with simple treatment methods including stretching exercises, ice massage, anti-inflammatory medications, and custom or over-the-counter shoe inserts.

Back to school season will always be painful for some students, but it doesn't need to involve foot pain. For more information on foot and ankle health conditions and to locate an ACFAS foot and ankle surgeon in your area, visit us on our website and Like us on Facebook.

Does Your Child Need Orthotics?

Talk with your podiatrist about your child's developing feet and how to keep them healthy.

Why See a Foot Specialist?

The human feet contain nearly 1/3 of all the bones in the body, making them one of the most mechanically complex parts of our anatomy.

As a child develops, the feet go through several stages of maturity, from a softer structure at a young age to a more rigid structure with growth.

Many complications can occur from improper foot function making it important to screen children's feet during development. Detecting problems early can prevent injuries, pain, discomfort, long-term developmental issues and painful pinched nerves, sprained ankles, broken or sprained toes, cuts and scraps, plantar warts, Athlete's foot, and callus build-up on the heels and toes.

Your Podiatrist May Recommend

- Stretching exercises
- Physical therapy
- Appropriately fitting shoes
- Increasing or reducing physical activity
- Orthotics - prefabricated or custom

What are Foot Orthotics?

Foot orthotics are corrective devices designed to control foot function and are inserted into shoes. By realigning foot and ankle bones to a more neutral position, natural foot development and function are usually restored. Orthotics can help improve poor functioning feet.
extremely well. These unique features, as well as the generous fit, provide a surprising and pleasurable experience for your feet.

Taking cues from the lightweight, comfort trend that began with fully molded footwear, and the “oversized” trend that has surfaced in many active sports such as skiing, golf, tennis and mountain biking, Levelast® shoes are proudly designed to be extremely lightweight, yet minimize ground impact. At the same time, Levelast® shoes maximize foot comfort, traction and stability and for a relaxed stride.

We have all 5 styles in stock for you to see and a range of sizes for fitting. Come by our Pan American Freeway office and try them on!

We invite you to come walk with us!

We take care of your feet.... so they’ll take care of you!

What is Normal?
Feet suffer a tremendous amount of force everyday and problems not addressed are likely to worsen over time. These are the warning signs that something is wrong:

- Limping
- Painful feet
- Complaints of tired feet
- Uneven shoe wear
- Tripping and falling
- Lack of activity

Even if your child does not display any of the above symptoms, an assessment by your podiatrist provides an opportunity to prevent future issues.

Factors That May Cause Foot Problems

- Genetics
- Injuries
- Weight gain
- Diabetes
- Overuse in sports

What Can be Done?
Your podiatrist can effectively diagnose and determine treatment needs of your growing child with a thorough examination. In some cases working with your podiatrist to educate yourself may be all you need to do. Other times treatment may be a suitable solution.

before long term problems occur.

If Your Child Has

- Heel Pain
- Sports Injuries
- Stress Fractures
- Flat Feet
- Ingrown Toenails
- Shin Splints

Ask Your Podiatrist

- What does it mean if my child has one of these conditions?
- Will my child outgrow it?
- Will this make my child more prone to injury?
- Are there negative lasting effects?
- Can the issue be corrected?