



Why Do My Arches Ache?

Our arches are the primary source of the body that absorb the force from our feet. As we walk, our arch lowers and then rebounds, acting like a shock absorber. When something occurs to damage your arches and stop them from functioning properly, you will often experience pain.

Some causes of arch pain include:

- Trauma to the foot.
- Ligament sprains.
- Muscle strains.
- Stress fractures resulting from poor biomechanical alignment.
- Overuse (repetitive use).
- Tightness or loosening in the joints.
- High or falling arches.

Of all arch pain, **Plantar Fasciitis** is the most common condition. The Plantar Fascia is a strong fibrous structure in our feet that extends from the heel to the ball of the foot. The main job of the Plantar Fascia is to support and maintain our arches. When the fascia is under continual stress, small tears will start to appear. This will result in inflammation, swelling and of course, a whole lot of pain.

There are factors which make our arches more susceptible to pain and injury. These include:

- Standing for long periods of time, especially in one area.
- Wearing shoes that provide little arch support.
- Being overweight which places more strain on the arch.
- Injured or tight muscles in the lower leg (these muscles attach near the arch).
- Excessive exercise or activity.
- A tight or overworked Achilles Tendon often found in athletes, especially in runners.

If you're suffering from arch pain, there is a wide variety of treatments available for you. Call our office to **make an appointment** and have your arch pain reviewed.

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Connect With Us on the Web!

Stay Strong and Limber As You Age!

Take **Vitamin D!** It comes in a tiny little pill, but it can have great big benefits.

As you navigate from mid-life into your 70s, there's one easy thing you can do to keep your lower body strong and your joints limber. A study by Wake Forest School of Medicine in Winston-Salem, NC, shows that 70-79 year olds with the highest levels of D were the **least likely** to have trouble walking and stair climbing.

Study author Denise Houston explains that vitamin D repairs muscle, making walking and climbing easier. She recently reported about the findings in *Prevention*.



On the Lighter Side

A boss was complaining in a staff meeting the other day that he wasn't getting any respect. Later that morning he went to a local sign shop and bought a small sign that read, "I'm the Boss." He then taped it to his office door.

Later that day when he returned from lunch, he found that someone had taped a note to the sign that said. "Your wife called, she wants her sign back!"



Ask Brian — Question of the Month

How can I relieve my heel/arch pain?

Your treatment can begin at home! To help reduce swelling, it's important to rest. Resuming weight-bearing activities too quickly may aggravate your injury. Swimming and biking are good replacements to a regular running routine. Icing also helps reduce swelling. Apply ice to your heel 2-3 times a day for 10 minutes. It is also important to wear shoes that offer good support. Jogging shoes with firm midsoles, rigid heel counters, and laces are a great choice. Finally, stretching exercises for your calves may also reduce the pain.



When Should You Call A Chiroprapist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your feet.
- If the skin on your feet is severely dry, peeling, or cracking.
- If you are developing corns, callouses, or blisters.
- If you want to avoid painful bunions or hammertoes like your grandmother.
- If you need help finding proper-fitting shoes.



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When Home Treatments Aren't Enough!

If pain persists, seek help!

If your pain persists for several days, contact our office to set up an appointment. It's important to remember that pain is not normal - seek help!

When you come into our office, there are several options we may prescribe:

- **Custom-made orthotics.** This is a critical element of your treatment. For long-term benefits, these supports are uniquely formed to your foot and provide support and adjustment to your foot. Custom orthotics will not only reduce your pain, they will also help prevent pain from returning. They treat the cause of your pain - not just the symptoms. By adjusting the biomechanics, these supports reduce foot pain and back and hip pain.
- **Night splints.** As you sleep these splints help stretch your heel and may prevent pain experienced with that first step you take each morning.
- **Taping.** This helps keep your arch well supported as your muscles heal.
- **Antiinflammatory medications.** This helps reduce swelling and pain.
- **Physical therapy.**
- **Cortisone injections.** In some cases we may offer injections on the side of the heel to help reduce the pain.

Contact our office today to set up an appointment with Brian. With our **video gait analysis**, he can observe the way you walk to help determine the correct treatment for your foot, hip and back pain.

**Don't let your heel or arch pain keep you from
your favourite activities any longer!**

Call our office today ~ 905.294.8087