

Foot Pain?

When walking, the average person takes 8,000 to 10,000 steps each and every day. When running, the pressure on your feet can be 3-4 times your body weight.

It is very important to understand that your feet support you with each step and can have a direct impact on the rest of your body. A seemingly small change in foot function can have a large impact on joints higher up in the body, causing pain and discomfort.

Just imagine, 25% of all the bones in your body are in your feet. Feet are a complex arrangement of 52 bones, 66 moveable joints, 214 ligaments that hold these joints together, and 38 muscles with tendons that move these joints.



Are YOU paying attention to your feet?

Chiropractic treatment can help!

A chiropractor is highly trained with regards to function of the entire body as a whole, not just the spine. **Treatment focuses on restoration of function so that pain can be eliminated and your quality of life can be improved.** Integrated therapy can have the greatest results combining chiropractic, acupuncture, and soft tissue techniques.

Common conditions related to poor foot function often include:

Back pain	Plantar fasciitis	Fallen longitudinal arch
Iliotibial band syndrome	Metatarsalgia	Fallen transverse arch
Sacroiliac syndrome	Dropped metatarsal heads	Morton's neuroma
Runner's knee	Over pronation	Bunions
Shin splints	Achilles tendonitis	Hammer toes

Dr. Robert Evans www.torontochiropractor.ca

438 University Ave., Suite 104 Toronto, Ontario M5G 2K8

Call 416.598.4999