

Is weight gain crushing your feet?

Just as obesity has led to more cases of heart disease, stroke and diabetes, the epidemic has also resulted in an increase in foot and ankle problems. Even small increases in weight can have an impact on your feet as every bit of extra weight amplifies the amount of force placed on your feet when you walk. Your feet act as shock absorbers for the entire body and, if the body mass they are supporting is larger than the amount of force they are built to absorb, problems will develop not only in the feet, but up the entire body – through the knees, hips and spine.

The main foot problems resulting from obesity include heel pain, arch pain and heel spurs, which are caused by a build up of calcium on the heel bone. Pressure placed on the heel can cause heel pain in a variety of forms and can become a chronic condition if not treated. Extra weight can cause enough pressure on the arches to cause them to collapse, leading to a host of other foot problems including a greater tendency for the feet to roll inwards, which forces the tendons to work harder to support the feet. All of these conditions are serious and can lead to chronic, debilitating pain that may require surgery.

Early treatment is the best course of action for anyone with obesity. There are many therapies available that help to prevent foot and ankle problems. Wearing supportive shoes,

orthotics and insoles that provide additional shock absorption all reduce damage to the tendons and ligaments of the feet and can help to prevent the need for surgery. Lifestyle adjustments can also help to heal foot pain. A healthy lifestyle involving diet and exercise will lower body mass index (BMI) and reduce the amount of strain placed on the feet. If walking is too painful, swimming and other water sports are excellent forms of exercise that don't place any pressure on the feet. Lowered BMI will make way for more comfortable feet, and lowered health risk for the body as a whole.

Foot care is important for everyone, but, for those suffering from obesity, problems with the feet can very quickly lead to decline in health. Here are some tips to keep the feet healthy:

1. Properly fitted shoes, extra width and depth footwear to accommodate foot size appropriately.
2. Get custom made orthoses, your podiatrist can assess your feet and make orthoses especially for your foot requirements and to absorb shock and pressure.
3. Exercise that offloads pressure at the start such as walking in the pool, swimming or gentle weight training can help to reduce weight slowly and reduce stress on the limbs.

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Contact us today for an appointment

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