



Many people stop exercising when they experience soreness, pain or discomfort. Mobility and exercise are fundamental to maintaining good health. We treat many people like this and we successfully get them back to enjoying an active lifestyle. A simple assessment by a qualified podiatrist can change everything - call us today.

## Don't let foot pain stop you from exercising and losing weight.

It is important to maintain an active lifestyle for health, enjoyment and relaxation. Issues with our feet and legs often deter people from exercising and yet many conditions are easy to correct.

### Weight Issues

Exercise also helps us to maintain proper weight. Being overweight changes the way feet function. The extra forces dramatically increase causing the step to shorten, feet to angle out and the foot to flatten. Knee and heel pain, tendonitis, shin splints, ball of the foot pain, fractures and sprains are common injuries associated with increased weight.

### How to Prevent Injury

If you are overweight and increasing your physical activity, here are some tips for self treatment to prevent injury.

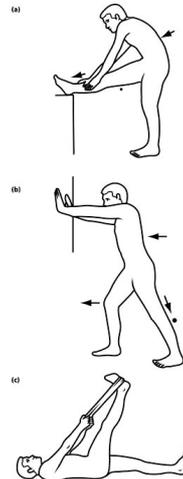
- **Stretching** Stretch your muscles daily - especially your calf muscles.

- **Orthotics** - Visit a podiatrist to see if you need pre-made arch supports or orthotics.
- **Shoes** - don't go barefoot - even in the house. Get advice on the correct shoes for your feet. The only part of your shoe that should bend is the toes.



**If your shoes bend in half like this image, they do not offer sufficient foot, ankle and arch support and you are likely to sustain an injury.**

### Stretching Positions



### How do you find out more?

Our podiatrists are trained to assess all of these conditions and act quickly.

Call 02 9568 4573 to make an appointment or email us [info@feetfirstpodiatry.com.au](mailto:info@feetfirstpodiatry.com.au)

*See you soon. Esther*