

What you need to know about Foot Pain and leg cramps

"It is my mission to empower patients with knowledge and care so that they can enjoy a higher quality of life." – Dr. Milo Wilcox

Foot pain is an often-mistreated disorder that affects the lives of millions of Americans each year. That's the bad news. The GOOD NEWS is that you may not have to continue suffering!

DO YOU EVER FIND YOURSELF ASKING ANY OF THESE QUESTIONS?

Why do my feet hurt? Why doesn't the pain go away? How bad can this get? Why can't I be like normal people? Will I eventually be crippled? Why am I less balanced than others when walking? Will I ever be able to live the life I used to?

Nothing is worse than feeling great mentally and wanting to take in all life has to offer only to have your enthusiasm and drive squashed because your feet hurt, and the pain won't go away!

If you do, it's only normal. After all, who wants to be burdened with carrying the load of discomfort and living life through an all-encompassing fog of pain and limitations? Pain that's there when you stand up, sit down, lie down, or get up in the morning. Pain that's always rearing its head, no matter how hard you try to ignore it. It's natural for people to try to tough it out and get on with their lives. "If I ignore it long enough, maybe it will go away..." Unfortunately, this usually isn't the case. Ignoring your pain may make it worse over time. What was only a mild pain a year or a month ago may become some chronic, crippling pain years down the road. When you walk with foot pain, you may limp or walk to reduce each painful step and develop severe low back, knee, or hip pains.

Foot pain is so bad because it sneaks up on you. The real cause of the pain you're feeling right now may have been developing for several months or longer. Maybe you felt a slight

pain, but it went away after a day or week, so you didn't think anything of it. But over time, as you continued to do your normal activities, that old pain has gradually gotten worse. Maybe what finally put you over the edge was standing, walking, or working on a hard surface for several hours, twisting your foot or ankle, or any one of a hundred things. The 26 bones in each foot are arranged to form 3 arches and provide a flexible foundation for your entire body. With years of stress, the arches can weaken and drop, causing all 3 arches to fall or a few people have high inside arch and a fallen outside arch. Some people have inherited a predisposition for foot pain and fallen arches.

PLANTAR FASCIITIS is a major cause of severe heel and foot pain. I have heard several versions of the following story over the past 30 years, *"I don't know how I did it, but one morning I took a single step out of bed and nearly collapsed. Pain shot through my heel like fire. I literally had to hold onto the wall to limp to the bathroom."* This is one of the signs of Plantar Fasciitis. This condition develops when the fascia covering the muscles and tendons in your feet get stretched and inflamed. This can happen when your foot arches drop. Your foot and calf muscles develop painful trigger points from contracted muscles which can also cause painful muscle cramps.

FALLEN ARCHES If you have suffered from back pain for a few months or many years, you may have fallen arches in your feet that contribute to your chronic low back pain. Prior treatments may have given you temporary relief. Perhaps you have given up hope on being pain free again. When you come to me, I will check your feet and their effects on your low back, knees, and hips. The good news is that many chronic pain victims can recover and live a higher quality of life. Just imagine what you could do without foot pain. The beginning of a new life may be only a phone call away.

HERE ARE SOME POSSIBLE INDICATORS OF FALLEN ARCHES:

- Your toes curl down producing "hammertoes".
- You are developing bunions.
- Your big toe joint bulges.
- Your feet have become wider over the years.
- You develop calluses.
- You have developed chronic knee, hip, or other low back pain.
- You feel very tired after walking or standing long periods of time.
- Your Achilles tendon bows inward or outward when you stand up.
- You sprained your ankle several times.
- You wore tape on your feet and ankles when playing sports.
- You are taking shorter steps as you get older.
- You are starting to waddle from side to side when walking.
- Your parents and siblings have severe foot problems.

- You can no longer wear high heels due to the pain in the feet and legs.
- You are over 40. (Flat feet can develop in pre-teens.)
- Your Chiropractic adjustments bring only temporary relief.

MISALIGNMENT OF THE HEAL BONE AND/OR FALLEN ARCHES is another cause of foot pain, especially in the heel. Only one bone that is slightly out of alignment can cause the nerves in your foot to become compressed and irritated. The result can be cramping, numbness, burning, or pain. You have 52 bones in your feet, which is 25% of the total bones in your entire body. Misalignment of your foot bones can cause nerve impingement. Your calf muscles are attached to your heel bone with the Achilles tendon. Leg cramps and muscle spasms of your calf muscles can pull your heel up and back, stretching your plantar fascia and cause “plantar fasciitis.” You may feel like you are walking on a spur or tack. It really hurts with each step. If you have already been diagnosed with heel spurs by x-ray, there is still help for you. The spur is the effect of the cause, which can be fallen arches and/or heel bone misalignment. When this is properly treated, the spur stops hurting and eliminates any need for spur removal.

NEUROPATHY: A large percentage of patients ranging in age from 30 to 70 years and older, get amazing relief from their pain and improve their balance with our computerized Pulstar adjustments. Often, diabetics with diabetic neuropathy in their legs and feet get incredible relief. Neuropathy is only one of the causes of their numbness, tingling, weakness, and restless leg syndrome. By relieving nerve impingement in the low back and knees and feet, the symptoms are reduced making life more enjoyable. Young athletes who get foot pain, shin splints, and knee pain can get relief and continue with their sports activities.

THE RELATIONSHIP BETWEEN FOOT PROBLEMS AND BACK PAIN You may wonder why I am so involved in treating feet. I have found that many chronic, low back pain sufferers who endured low back pain for 10 to 30 years or more got relief of their low back pain by correcting their foot problems. It is a fact that fallen arches of the feet can cause severe low back, hip, and knee, and foot pains. The fallen arches of the feet cause stress and pain in the knee and hip joints, causing the joints to wear out. Sooner or later there will be pain. If the foot problems are not corrected, they can lead to knee and hip joint degeneration and arthritis resulting in joint replacement.

FREE CONSULTATION AND DEMONSTRATION When you visit our office you will have the opportunity to meet with me and my knowledgeable and understanding staff and tell us about your health concerns. Visiting with you will give us a good idea about the severity and true cause of your pains and what we can do to help you live a normal life again. As part of your consultation and demonstration, you will receive a complimentary, Foot Levelers, 3-D foot scan. This colorized scanner takes 14 measurements of your feet and provides a free personalized report for you to take home.

If, after your visit, you believe there is no benefit in working with us, you simply leave and that is that. However, if you do feel that you can benefit from our help like hundreds of other patients, then we will discuss how to proceed. We inform and educate. You decide what you want to do.

WHAT DO YOU HAVE TO LOSE except pain and suffering? Why not step forward to having "happy feet" and to feel good again and enjoy your life more fully? Take your first action step now and call for your free consultation and demonstration. We make time available in our appointment calendar every day. Be sure to mention to the staff that you are visiting us for a free demonstration and foot scan.