

## **Foot News You Can Use**

### **The Root of Many Foot Problems... TIGHT CALF MUSCLES**

You probably didn't realize that tightness of your calf muscles could be the cause of a foot problem you have or had. A large percentage of the population were born with tight calf muscles. You wouldn't have any way of knowing this unless a specific test was done to indicate it.

We pay particular attention to the calf muscles because of just how many foot problems and conditions tightness is responsible for. Common foot conditions like Bunions, Plantar Fasciitis, Hammertoes and Achilles problems are all rooted in calf muscle tightness. Because of this genetic tightness situation, many of these conditions are inevitable.

### **A Simple Solution...**

Once we determine the degree of calf muscle tightness by our simple muscle testing methods, a plan is designed to stretch these muscles as much as possible. A good option for this is a very specific Prescription Splint that can do the work for you. You could do your own stretching but it would never be enough to impact the tightness as much as a splint would.

The feedback from our patients who have used a splint to stretch their calf muscles consistently has been excellent. Relief of pain, less muscle cramps, better sleep and walking better are some of the happy results reported.

### **Kids Are at Risk Too...**

Parents who have had foot problems can proactively help prevent their kids from having similar problems by having their feet and calf muscles examined. The sooner a potential problem is detected the less the risk of the child acquiring a genetic foot condition.

It's rather astonishing how something as simple as stretching the calf muscles can have on relieving foot pain. If you've had a foot problem that has been stubborn it might just take focusing on loosening up your calf muscles to finally get relief. Let us know if we can help.