



SANTIAGO CHIROPRACTIC ASSOCIATES

75 NORTH BEVERWYCK ROAD, LAKE HIAWATHA, NJ 07034
(p) 973.335.5666, (f) 973.335.6187
www.SantiagoChiropractic.com

Healthy Summer Footwear

Lake Hiawatha, NJ, August 2015 — Warm weather has arrived, and inevitably, you've traded in your boots for sandals and flip-flops. However, you may not have given thought to whether your shoe choices are contributing to proper biomechanics or possibly to your musculoskeletal complaints.

With the average American taking 5,117 steps/day, improper footwear can lead to degenerative changes in your muscles, joints and connective tissues in the feet over time. With the body's foundation compromised, gait, joint movement, circulation and proprioceptive input may suffer as a result. The problem is alarmingly widespread. In a National Foot Health Assessment in 2012, 78% percent of American adults over the age of 21 reported that they had experienced foot pain or issues.

Follow these tips to help you select healthy, summer footwear:

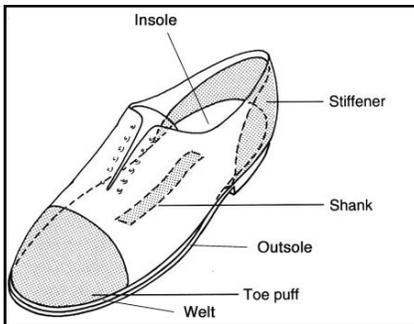


Figure 1. Anatomy of a shoe

Look for the Shank—One component of optimal footwear or sandal is called a shank (see **Fig. 1**). A shank is a semi-rigid and semi-flexible material between the insole and the outsole that allows for support and an optimal range of motion when the foot is functional. The typical summer sandal is very thin, not allowing a shank. This will usually result in an unstable foot foundation.

Three-Arch Support—Another important component of optimal footwear is the support of the arches—not just the one, but all three. Your foot actually has three arches (See **Figure 2**): the medial, lateral longitudinal and anterior transverse, and supporting each of these will not only allow for normal range of motion, but also block excessive motion (usually into pronation, or rolling inward).

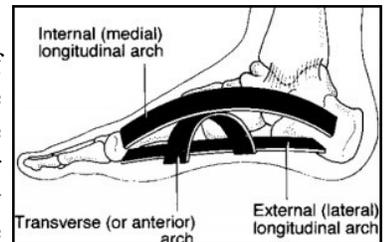


Figure 2. Arches of the foot

Banish Traditional Flip-Flops—Of all the harmful summer footwear out there, traditional flip-flops are perhaps the most damaging. They are notoriously flat, offering little support or cushioning to the foot. Not surprisingly, reported rates of heel pain, frequently due to plantar fasciitis, statistically rise in the spring as flip-flop wearers shed their winter footwear in favor of the popular sandal. Wearing these can alter your gait which can result in changes up the kinetic chain into the hips and lower back as well. The problem worsens when the wearer is over-weight or sedentary.

The Foundation—While wearing a custom orthotic can go a long way in terms of giving the necessary support, during the summer this may not be an option. However, one might consider choosing a brand of orthotic footwear or sandals which fortunately now offer all the fashion and comfort of regular flip-flops, but in a healthier model. See options below. Consider brands: Aetrex, Clarks, Vionics or Spenco Kholo.

Choosing high-quality footwear in conjunction with chiropractic care has been shown to be an effective one-two punch for treating lower back pain. Think twice about what you're putting on your feet so you can enjoy the rest of your summer!





Athlinks for Athletes

Are you an runner, tri-athlete, obstacle racer, etc?? Then listen up! Whether you compete in races regularly or only from time to time, you'll want to check out www.athlinks.com. This website is the largest race results database on the planet. Create an account here and you will be able to find and claim your results from any race you have been a part of in the past. The site helps you to track your performance, participation and personal records over the years and also allows you to link up with fellow racers to cheer on your friends.

Currently listing 178,162,373 race results from 353,157 events from elite athletes to weekend warriors and everything in between—if you've crossed a finish line, you should check out Athlinks!

Chiropractic in the Media...

Dangerous Side Effects of Shapewear



Doctor of Chiropractic Karen Erickson was featured in an Australian blog about how those who use shapewear regularly underneath their clothing could face dangerous health side effects if not careful. According to Dr. Erickson, "It's like putting giant rubber bands around your upper thighs and tightening them when you sit." The article states that when shapewear is worn too often or too tight, it can compress the stomach, intestines and colon, exacerbate acid reflux and heartburn and could even worsen incontinence issues.

Side Effects of High Fashion on Health



The American Chiropractic Association (ACA) was featured in a *Times of India* article about how high fashion can have a direct impact on your health. The article, which focused on a study published in the *Journal of Applied Physiology*, revealed that women who habitually wear high heels are at risk of permanent physiological changes to their knees, hips, back and tendons—and damage can be seen in woman as young as 25 years of age. Women who wear high heels often complain of acute lower back pain, along with other muscular deformities and sprains.

Gardening, Yard Work Safety



Doctor of Chiropractic Scott Bautch was a recent guest on *Health, Wealth & Wisdom* on 1250 AM WHNZ to talk about how to make gardening and yard work pain free. Dr. Bautch said, "It is important to stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders and wrists are all major muscle groups affected when using your green thumb. Performing simple stretches before hitting the dirt will help alleviate injuries, pain and stiffness. Ask Dr. Scarano or Dr. Santiago for suggestions during your next visit!

Choosing the Right Mattress



The ACA was featured in a *Safebee.com* article on choosing the best mattress for an aching back. According to the ACA, a mattress should be firm enough to support the body, but not so firm that there are gaps between it and the curves of the body. The wrong kind of support can lead to lost sleep and exacerbate back pain—or even cause it. Comfort will always be determined by your personal preference. Always asking about "comfort guarantees" before you buy. If you don't like a mattress within the first 30 days, you're probably not going to change your mind, so send it back.



Please VOTE for Santiago Chiropractic Associates for the Daily Record's *Best of the Best of Morris County*—

Visit DailyRecord.com/VOTE and click on "People & Services" to find Chiropractic.

We thank you for your patronage!