



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Athletic Shoes Are Important to Spinal Health

Poorly fitting athletic shoes can hurt your stride and therefore your spine. This information was reported in a Dec. 6, 2005 release appearing on PRNewswire. According to the American Chiropractic Association (ACA), footwear plays an important role in the functional biomechanics of the human body.

The article also reports that improperly-fitting shoes can do more than hurt a runner's stride, they can upset a person's overall biomechanics and lead to pain throughout the body. Dr. Jeffery Solomon, president of the ACA's Council on Sports Injuries & Physical Fitness noted, "Your feet are the foundation of your body, and if they are not properly supported you can have problems anywhere from the bottom of your feet up through your neck."

The article posted several tips to consider before a runner should purchase their next pair of running shoes. These are:

- *Be sure to match the right shoe to the right activity.*
- *If possible, purchase running shoes from a specialty store or from someone knowledgeable about matching the correct type of running shoes to your foot type and stride pattern.*
- *Select shoes with adequate cushioning in the soles, which helps absorb the shock of your feet hitting the ground. Cushioning is especially important when running on hard surfaces, such as pavement or sidewalks.*
- *Check for adequate room at the widest part of your foot. The shoe shouldn't be tight, but your foot shouldn't slide around, either.*
- *Consider custom made orthotic insoles. Orthotics can address structural abnormalities in the feet and the resultant biomechanical faults.*

**** Who do you know that could benefit from Chiropractic Care? ****

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