

FOOT news



A Publication From Your Local Podiatrist Volume 1 Number 5

FootCare Questionnaire

True or False

1. Your foot size, and therefore your shoe size, does not change once your bones have stopped growing.
2. Most of the time, back pain is a sign that something is wrong with the way you use your feet.
3. A shin splint is a medical device attached to the front of the lower leg to prevent sports injuries.
4. A sprained ankle is just a "twist" and is nothing to be concerned about.
5. Foot imbalance is a term used to describe a neurologically-related problem that causes you to lose your equilibrium when standing.
6. A baby's foot problems can begin in the womb.
7. The purpose of your toenails is to protect the tips of your toes from pressure and rubbing.
8. Leather shoes, as opposed to shoes made of modern synthetic materials, are hard on feet and prevent them from getting enough air.

(See Back Page for Answers)

Podiatry On The Move

Your feet are hard-working, busy parts of your body. In fact, the average person takes 5,000 to 8,000 steps each day! A whopping 82% of our adult population complains of some type of foot disorder and 67% of the population actually believes that foot pain is normal!

Pain is really an important signal that something is wrong. Common foot ailments are troublesome enough, but back trouble, hip pain, neck stiffness, knee clicking, and problems with posture and balance may also be associated with, or be a direct result of poor foot function.

Podiatrists are the only specialists trained to care exclusively for foot, ankle, and related problems for all ages and are licensed to do any form of foot surgery. Podiatry is a medical science on the move with amazing new technologies for evaluating and treating foot ailments and related problems.

Visit your podiatrist. Ask questions. Find out all about what's new and what's "tried and true" for healthy feet. Get that spring back in your step if it's gone, or learn how you can keep it for a lifetime!

AK
ALLCARE FOOTHEALTH CENTER

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Call 24 Hours for Appointment
Call (661) 273-FEET (3338)



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Dr. Andrew L. Katz

- Board Certified
- Q.M.E. (Qualified Medical Evaluator for CA)
- Member - LA County Podiatric Medical Association
- Member - California Podiatric Association
- Served at Veterans Hospital of New York

-  Family & Diabetic Footcare is our Specialty
-  Improve your daily activities with medically prescribed orthotic inserts
-  A permanent, painless office procedure for ingrown and fungal nails
-  Dr. Katz treats the agony of "de" feet

FREE!

For a Limited Time Only
\$75 Value*

Consultation
New Patients Only

*An office charge will apply
if treatment is started

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