

# Simple Remedies for Aching Feet and Backs

As we age, many of the stresses of daily living take their toll—especially on our feet and up and down our spines.

Rick Overman, CPed, LPed, at CFI Prosthetics Orthotics, sees a lot of older patients with foot complaints.

“General foot pain can be caused by plantar fasciitis, metatarsalgia, or arthritic conditions that require corrective or accommodative shoes. Often the solution can be as simple as using softer, shock-absorbing orthotics or inserts worn inside the shoes to provide cushioning and support,” he said.

More serious arthritic conditions require different solutions, and we are not going to relieve all arthritis pain, Overman stated. But, with cushioning and support, CFI can usually make clients feel better so they can function a little bit longer and do a little



bit more, he said.

Plantar fasciitis is one of the most common complaints Overman sees—five to eight individuals per week seek his help for it. “Overuse is the primary cause,” he said. “With the recent focus on fitness, people are up and spending more time on their feet.”

Again, the solution is often provided by shock-absorbing inserts that support and cushion the plantar fascia tissue, which in turn helps to reduce the inflammation and foster healing.

“Unfortunately,” he warned, “plantar fasciitis has a tendency to recur.” To prevent this, he recommended wearing good athletic or running shoes with firm soles and a good shock-absorbing or supportive insert. Custom shoes are also available from CFI—with and without prescription.

CFI’s Kathy Smith, CO, LO, has heard from many older patients whose back problems are particularly troubling. “As osteoporosis progresses, it becomes more painful. There are several types of spinal orthoses available that can help. A CASH brace can make walking less painful and help to keep the wearer active and feeling better overall.”

Many seniors are not aware that their back pain may be caused by compression fractures of the vertebrae, Smith explained.

“It is not uncommon for people to have spinal compression fractures without knowing it. They may attribute the pain to twisting or stretching too much during some routine activity like gardening, or even a minor fall, perhaps. It’s best to visit a physician and have an X-ray to be safe. A prescription from their doctor is the first step to our providing an orthosis that may quickly relieve their pain.”

CFI has offices in Memphis and Southaven. Call 901-725-0060 or visit [www.cfipando.com](http://www.cfipando.com) for more information.

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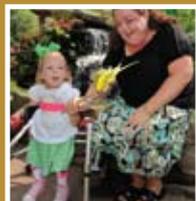
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