Richard C Galperin DPM

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**Foot News You Can Use**

**The Root of Many Foot Conditions**

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Richard C Galperin DPM

A Division of Podiatric Medical Partners of Texas (PMPT)

There are many reasons that an individual can experience problems with the feet. Heredity is certainly at the top of the list. Overuse, bad shoes, diabetes, injuries and being overweight are other common causes of foot conditions. But, there is one word that is the root of many problems… **PRONATION!**

A person wearing a dress

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Pronation is when your foot essentially turns inward in the arch area. People who have flat feet or flatter arches are most prone to pronating too much. Even someone with higher arches can excessively pronate.

You may have heard of shoes that are “Anti-Pronators.” Pronation is a definite buzz-word in the foot and ankle world. Excessive pronation leads to many conditions such as: Plantar Fasciitis, Bunions, Tendinitis, Hammertoes and Arthritis, just to name a few.

Children can also develop foot problems because of pronation. If pronation is stopped in childhood, hereditary conditions like bunions and hammertoes can possibly be prevented. Foot or leg pain in a child is often from excessive pronation.

Pronation can also lead to pain and arthritis of the knees, hips or back. We have been able to relieve pain in these areas by eliminating pronation.

It’s easy for us to determine whether pronation is a concern for you. We do so by thoroughly examining your feet, doing an x-ray evaluation, and seeing the wear pattern of your shoes. Looking at your feet from the front and back while you are standing also tells us a lot about them.

The number one thing we do to eliminate pronation is make Custom Orthotics. Orthotics prevent your feet from making movements they aren’t supposed to. **When your feet move like they were meant to, foot problems can be stopped.** Orthotics can also help eliminate pain of the knees, hips and back.

If you have been experiencing pain anywhere from your feet to your back, it could be because of excessive PRONATION. The first place to start is by purchasing shoes that are stable side-to-side and have a good arch. **We don’t recommend spending money on over-the-counter arch supports.** They won’t do enoughto keep your feet from pronating.

We are here to help keep your feet healthy…so you can stay healthy.

**Richard C Galperin DPM**

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**Office Hours:**

**Monday: 9:00am – 12:00pm - 1:00pm – 6:00pm**

**Tuesday 8:00am – 12:00pm - 12:30pm – 4:30pm**

**Wednesday 8:00am – 12:00pm - 12:30pm – 4:30pm**

**Thursday 9:00am – 12:00pm - 1:00pm – 6:00pm**

**Friday, Saturday & Sunday - Closed**

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A drawing of a face

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**We are extremely grateful for the**

**generous referrals**

**we receive from our patients.**

**If you hear of someone talking about their feet hurting or any foot concern, let them know we can help them.**

**To Healthy Feet,**

**Dr. Galperin**