

WELLNESS

Get Started Off On The Right Foot

Did you know that the number of miles the average person walks in a lifetime is 110,000? That is equivalent to 5 trips around the Earth! When it comes to other parts of the body, like our eyes and our teeth, we make it a priority to take care of them. But when it comes to our feet, something so vital in our lives, we often take them for granted. Dr. Meet Patel of **Monahan Medical & Chiropractic Clinic** is helping to change that as more and more research shows that many of our ailments and pain can be traced back to our feet.

“Feet are the foundation of our bodies,” explains Dr. Patel. “You can think of your feet like the foundation of your house. If the foundation shifts, you may get squeaky windows, an uneven door and cracks climbing up your walls. No matter how hard you try to fix them, the problem will keep happening until you look at the root cause. These problems can all be traced back to an uneven foundation. And like a house, our bodies with uneven legs can cause other problems to develop such as lower back pain, knee pain, sciatic pain and more.”

Your feet don’t have to hurt to be causing problems in other areas of your body. That is why so many of these problems often go unresolved. Asymptomatic feet do not equal problem-free feet. “When joints become

mis-positioned they may not always be painful,” says Dr. Patel. “Sometimes they show up and cause biomechanical issues, neurological deficits and other problems throughout the body. At Monahan, we offer a 3D scan to get to the root of your problem and offer custom orthotics to help properly support and position your foot. Generic, off-the-shelf insoles risk worsening your symptoms as they only address general conditions. With our Foot Levelers, they are custom made for you and take in consideration not only your arches but how you distribute your body weight, your types of pain, how much you weigh, your age, and activity level.”

Relief is not universal. What works for one person may never work for you. While custom orthotics are not as cheap compared with over-the-counter generic orthotics, they are an investment that pays your body back exponentially over time and helps you save money long-term.

“Taking care of your feet properly is so important and we hope to educate people on this often overlooked body part,” says Dr. Patel. “Non-custom orthotics, while cheaper, are often made with unreliable and lower quality materials that are not designed to fix your needs. These are causing more problems down the line for patients. It is so important



Dr. Meet Patel



Dr. Patel is helping us rethink how we care for our bodies and feet with custom orthotics proven to help lower back and knee pain.

to fix the problem entirely and properly.”

Dr. Patel believes in this so strongly that the Foot Levelers he uses all come with a **1-year warranty with a 100% money-back guarantee.** This is five times longer than the typical warranty

of noncustom orthotics you can buy over-the-counter!

Visit Dr. Patel at Monahan Medical & Chiropractic Clinic to get started with a **free consultation and foot scan** to see if custom orthotics are the right fit for you.

Monahan Medical & Chiropractic Clinic
 419 Anastasia Boulevard • (904) 824-8353
www.monahanclinics.com