

HEALTH

# Your Foot Doctor Here To Help

**T**hink of your body as if it was a house. You want to take care of your house from the windows (like your eyes) to the bedroom (your mind). Taking care of your house means you can live on a stable foundation. But once that foundation has been shifted, it alters your house to damages unknown. One very vital foundation is your feet which we often take for granted. Dr. Meet Patel of **Monahan Medical & Chiropractic Clinic** is helping to change that as more and more research shows many of our ailments and pain can be traced back to our feet.

“Feet are the foundation of our bodies,” explains Dr. Patel. “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.”

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 mispositioned 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 into consideration not only your arches but how you distribute your body weight, your types of pain, how much you weigh, your age and your 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 to fix the problem entirely and properly.”

Dr. Patel believes in this so



Dr. Patel shows an image of the positive impact of wearing foot levelers.



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.

strongly that the Foot Levelers he uses all come with a 6-month 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! Call 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](http://www.monahanclinics.com)