

Medical Edge from Mayo Clinic

Fallen Arches

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	THEY ENABLE US TO WALK, RUN, AND STAND. WITH OVER TWO DOZEN BONES, YOUR FEET ARE REALLY A MASTERPIECE OF ENGINEERING. BUT SOMETIMES EVEN THE BEST MADE THINGS HAVE FLAWS. ONE COMMON PROBLEM IS TO HAVE FLATFEET, OR FALLEN ARCHES.
Stevan Kavros, D.P.M. Track 3 (:10)	"THERE'S REALLY A MISNOMER ABOUT FALLEN ARCHES. ARCHES TRULY DON'T FALL. THERE HAS TO BE A REASON FOR A COLLAPSE."
	THE MOST COMMON REASON,

	<p>SAYS MAYO CLINIC FOOT SPECIALIST DR. STEVAN KAVROS, IS A TENDON PROBLEM. BUT TRAUMA AND EVEN DIABETES CAN ALSO CAUSE THE ARCH TO COLLAPSE. MANY PEOPLE ARE ABLE TO TOLERATE FLAT FEET WITH NO PROBLEM. BUT OTHERS...</p>
<p>Dr. Kavros Track 3 (2:30)</p>	<p>“THEY COME IN WITH PAIN. THEY COME IN WITH THE INABILITY TO WALK A DISTANCE, TO WALK ON UNEVEN SURFACES.”</p>
	<p>TREATING THE PROBLEM DEPENDS UPON THE CAUSE, BUT OFTEN A SIMPLE SHOE INSERT WILL HAVE YOU BACK ON YOUR FEET AND WALKING PAIN FREE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>