

# A pedorthist's tips for enjoying spring



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Now that the winter season is behind us - spring is finally here! Spring is a busy time for me as a pedorthist as many people find they have an increase in pain and discomfort. There are a number of reasons for this.

**•Change in environment.**

Our surroundings change during these months as the snow melts away, the ground softens and plants and flowers start to bloom. Uneven paths and muddy trails are now the norm and our body and natural foot and leg stabilizers have to kick in and work over time to keep us upright. This can cause some overuse injuries if we don't take the time to adjust slowly.

**•Change in footwear.** This time of year we are typically throwing our boots and full coverage shoes to the back of the closet and pulling out something less cumbersome: Birkenstocks, Crocs, flip flops, loafers. This footwear is much less supportive and can often take our feet a while to get used to.

**•Change in activity levels.** Sunshine is shining and we want to enjoy it! Many people start getting outside for walks, running, hiking and biking. I'm not saying don't enjoy - I'm just saying ease into your activity if you haven't been as active during the winter months.

Often, these three changes result in an increase in pain and discomfort of the lower body. Sometimes this is something that our body adjusts to quickly, however if you find that your pain is lingering longer than you would like it to, it might be something to have assessed by a pedorthist.

Laura Van den Borre at Maple Shores Health Centre can perform a full pedorthic assessment and will discuss a treatment whether it is custom orthotics, compression socks, change in footwear or a stretching/strengthening routine. **If you would like to book an appointment please call 519-832-4500 or visit [www.alignpedorthics.com](http://www.alignpedorthics.com) to book online,\***



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