The Aging Foot & Nerve Health Transcript

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Peripheral nerve health and aging

Nerve health is a big concern with age, and oftentimes people will think about central or your cognition as it relates to nerve health. However, as a functional podiatrist, I advocate for the awareness of our peripheral nerve heath, And with aging, we will start to see a slowing and a weakening of a peripheral nervous system.

Now this may be a full-fledged neuropathy or it might be just a dampened or decreased sensitivity to the nerves in the bottom of our feet.

Foot sensation, balance, and fall risk

Now, our nerves in the bottom of our feet play a very important role in how we feel the ground and how maintain balance. With age, as we lose that sensitivity, or if we have numbness in our foot from neuropathy, we will have the concern of decreased balance and a fall risk.

At Orthofeet, they have an innovative design in all of their shoes. They have a great outsole that has high grip.

Orthofeet shoes for stability and grip

Many of the shoes are slip resistant and water resistant, allowing you to maintain your balance even with decreased sensitivity of your feet or if you have neuropathy.

Remember, if you cannot feel your feet, you want to make sure that you are using shoes that provide the stability to minimize your fall risk.