The Aging Foot & Sarcopenia Transcript

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Foot Muscle Loss and Aging

Circopenia, or the atrophy and the weakening of muscles, is a common concern with age. Now how this affects the foot is that we have over a hundred muscles that are controlling our foot and ankle.

And if you think about just the bottom of our feet, we've 26 small muscles in the bottoms of each of the feet. Now, as we age and as get weakening and muscle loss of these small muscles, what starts to happen is it affects our toes.

Hammer Toes and Balance Risk

Hammer toes are one of the most common side effects of losing muscle strength and muscles mass in your feet. As we start to get hammer toes or the curling in of our digits, this has a direct correlation on balance, which means sarcopenia of foot muscles causing hammer-toes can decrease balance and increase fall risk.

To offset, there's a couple solutions. The first one is making sure that you strengthen your foot. Spending time strengthening the small muscles of the foot through barefoot training, Pilates, and yoga is a great way to offset the risk of sarcopenia.

Strengthening and Toe Alignment Solutions

Another solution is to use products such as toe spacers that support the natural alignment of your toes and to minimize the risks of hammer toes. Another great solution is provided by Orthofeet shoes.

Now when you look at their shoes you want to appreciate the tall toe box. In addition, you'll want notice the wide toebox that allows for the natural spreading, splaying, and opening of the digits.

Orthofeet Shoes and Toe Box Support

Our toes play a very important role in balance, stability, and minimizing fall risk. We need to keep our feet strong to minimize the risk of aging feet and circopenia.