Age-Related Foot Changes Overview

Joint Health and Arthritis Risk

Muscle Loss and Sarcopenia

Fascia, Nerve, Skin, and Circulation Changes

There are certain changes that occur in our feet with age, and as a functional podiatrist, it is important for me to help you understand those changes.

There six main changes I want you to be aware of with the aging process. The first one is going to be joint health or the risk of arthritis in our feet.

Second is a loss of muscle strength, which is referred to as sarcopenia. We have fascia or connective tissue changes that occur in your feet, nerve health, specifically peripheral nerve, your skin becomes thinner, And then finally, circulatory or vascular changes.

The faster or the sooner that you can understand these changes that occur in our feet with the aging process, it allows you to do things now to make sure that your feet stay healthy and it supports movement longevity.