Welcome to The Aging Foot with Dr Emily Splichal Transcript

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Introduction to Aging Foot Changes

As we age, there are inevitable changes that occur in muscle strength, bone density, nerve health, and even our joint health. Did you know that these changes occur within the foot?

My name is Dr. Emily Spickle, functional podiatrist and medical advisor for OrthoFeet. This series called the Aging Foot is dedicated to helping you understand the changes that occur in the foot with age and how it affects movement longevity.

We will cover the various topics and changes occur and provide solutions to help you optimize your foot health, movement, longevity and your overall quality of life.