

EVERYTHING CHANGES WHEN YOUR FEET HIT THE GROUND

POSTURE & FOOTWEAR



The link between **footwear and posture** is often overlooked. Our feet are the foundation of the body—serving as both our base and shock absorbers. When your feet are misaligned or in pain, the effects ripple through your entire body, disrupting posture and balance.

HOW FOOT PAIN AFFECTS POSTURE

When your feet hurt, you may unknowingly adjust how you stand or walk to relieve discomfort. These changes in posture or gait can shift your body's alignment, placing extra stress on joints and muscles. Over time, this can lead to:

- Poor weight distribution
- Muscle imbalances
- Forward hunching and head misalignment
- Increased strain on your neck, shoulders, and back

TIPS FOR SUPPORTING A HEALTHY CONNECTION:

- **Proper Footwear:** Invest in comfortable and supportive footwear that encourages proper alignment and provides cushioning for your feet.
- **Foot Exercises:** Incorporate foot-strengthening exercises to improve the muscles that support your arches and maintain proper foot posture.
- **Body Awareness:** Pay attention to pain signals from your feet and identify their causes. Make the necessary changes to alleviate the pain.
- **Professional Help:** If you experience chronic foot pain, consult a healthcare professional, such as a podiatrist or physical therapist, for guidance.