

Women's Foot Health



From High Heels to Floppy Sandals

Each human foot is a delicate assembly of 26 bones (52 for both feet - one quarter of all of the bones in your body.) From high heels to athletic shoes to floppy sandals, women's feet can take a real beating.

Compared to men, women tend to be on their feet more often at home, have shorter Achilles tendons, have narrower heels in relationship to their forefoot, and possess overall narrower feet relative to their foot's length. All of these have an impact on how a shoe fits.

Foot problems may be caused by any number of issues, but recent research has shown the greatest risk factor for women's foot issues is wearing improperly fitting shoes.

Kristin Klingenstein, DPM

Whether you have active, tired, older or pregnant feet, join us and learn how to take care of your feet before a problem occurs. Dr. Klingenstein, a board qualified doctor of podiatric medicine at Alliance Foot & Ankle, will present valuable information on foot care, shoe selection, prevention and treatment of foot problems particular to women (including pregnancy) and much more.

DATE & TIME

Thursday, September 29, 2016
6 p.m.

Alaska Regional Hospital
Ivy Room 1, First Floor
2801 DeBarr Road

RSVP

Seating is limited. Please reserve your space to the ARH Event
Registration Hotline at 264-1722 or
alaskaregional.com/classes&events

