



Capital District Podiatry, PLLC  
Dr. Tejas Pandya

CapitalDistrictPodiatry.com



## Better Foot Care in 2018

Improving your overall health—which is obviously a very popular New Year’s resolution—starts with taking better care of your feet!

Most people either don’t think about or aren’t aware of the fact problems occurring in the feet can cause problems further up the body. In some cases, knee, hip, and back pain all can be traced down to issues like misalignment or abnormal biomechanics in feet and ankles. This is concerning because painful feet keep you away from activities you love doing – and can make the ones you have to do miserable experiences.

We want you to have choices and do your favorite activities in 2018 (and beyond!). With this in mind, Dr. Pandya has some helpful recommendations for better foot care.

### Address Problems Sooner (Rather Than Later)

Given how often we use them, the sheer amount of forces we place upon them, and all of the bones, muscles, and connective tissues that form them, there are numerous things that can, and do, go wrong in the feet. No matter the problem, take care of it early! This will help an otherwise easy fix from becoming a complicated solution.

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## Protect Your Feet with the Right Footwear

Your shoe choices can make a profound difference in your foot health. Here are some quick, easy guidelines for making sure you pick the right ones:

- Make sure your shoes fit properly (not too tight, not too loose).
- Limit how often you wear high heels and flip-flops (during summer months...).
- Always wear activity-appropriate footwear when doing physical activities.
- Wear steel-toed work boots or safety shoes if your job requires you to move heavy items on a frequent basis.

## Exercise Regularly (and Include a Proper Stretching Regimen)

There is a good chance this was already on your New Year's resolution list, but develop an exercise plan you can handle – and then follow it.

Your workout plan doesn't have to be overly complicated or consist of grueling marathons. Even a simple 30-minute walk three or four times a week can provide a world of benefit for you.

Of course, make sure you come see us and your primary care physician first if it's been awhile since you last worked out. We can identify potential risks and help you determine which activities might be best for you.

## Know When to Rest

If you know certain activities are putting a lot of stress on your heels—jobs that involve a lot of standing, recreational running, or sports with a lot of running and jumping (etc.)—make sure you get enough rest to prevent heel pain. Try mixing in low-impact exercises like swimming, cycling, or yoga to stay active and give your heels some extra reprieve at the same time.

## Get Professional Help (When You Need It)

In addition to those other resolutions, don't forget to come see Dr. Tejas Pandya if you start to experience pain in one of your feet or ankles. Remember—foot pain is not normal! Rather, this is an indication your body needs help. Dr. Pandya will create a customized treatment plan so foot pain doesn't get in the way of your life.

**We hope you and your loved ones have a wonderful holiday season!  
If foot pain is being a Grinch and ruining your celebrations,  
call us at (518) 273-0053 for professional care!**

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