



**STOP KNEE PAIN** September 2014

# Prevention

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## Stay Ahead of Pain

Sliding the right retail orthotic into your shoes is often enough to minimize pain and slow bunions' progress. Keep moving in comfort with these Prevention picks.

### IF YOU HAVE **High Arches**

**TRY: Aetrex L405 Sports Series** Extra arch support adds comfort and corrects alignment; foot cup cushions and stabilizes heel. (\$60; [aetrex.com](http://aetrex.com))

### IF YOU HAVE **Flatfeet**

**TRY: Powerstep Pinnacle Maxx** Designed to reduce overpronation; minimizes arch, knee, and heel pain. (\$39; [powersteps.com](http://powersteps.com))

### IF YOU HAVE **Neutral Arches**

**TRY: Superfeet Green Insoles** High-profile insole keeps foot stable; deep heel cup provides maximum support. (\$40; [superfeet.com](http://superfeet.com))



**51%**  
The fraction of Americans whose foot pain has at some point curtailed their activities, including walking, exercising, and going to work

## What If It's Plantar Fasciitis?

The most common cause of heel pain is plantar fasciitis, the infamous inflammation of the band of fibrous tissue that runs along the bottom of your foot. Heal heels faster with this move, and go to [prevention.com/heelpain](http://prevention.com/heelpain) for more tips.



### MORNING WALL STRETCH

Stand barefoot facing wall, as shown. Press against wall with both hands and lean forward, feeling stretch along back of left leg and heel. Hold for 30 seconds; switch sides and repeat.

Source: Carly Robbins, DPM

## When to See a Doc

If your foot pain isn't improving or worsens after 2 weeks, a podiatrist or orthopedist can prescribe additional therapies to alleviate discomfort and prevent recurrence.

FROM TOP: TETRA IMAGES/ALAMY; STUART TYSON (3). ILLUSTRATION BY CHRIS PHILPOT