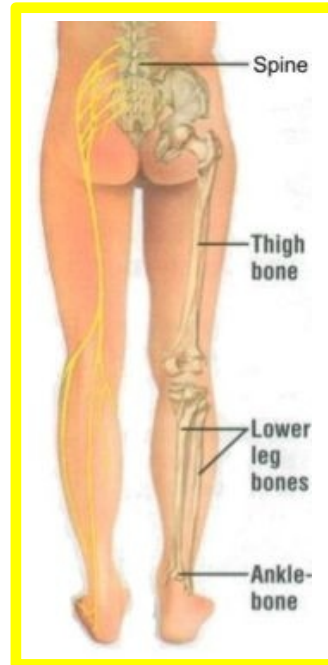


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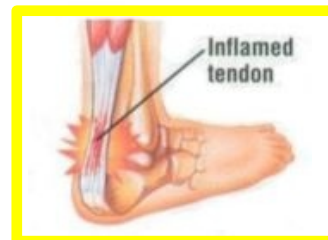
Foot & Ankle Fallen Arch Problems

Your foot is built to withstand motion and pressure. Bones provide the frame work. Soft tissue, tendons, muscles, and ligaments keep the bones stable and control movement. Bones and nerves in the leg connect the foot to the spine. Too many hours on your feet, sudden movements, or joints not lined up properly can lead to soft tissue and other problems.



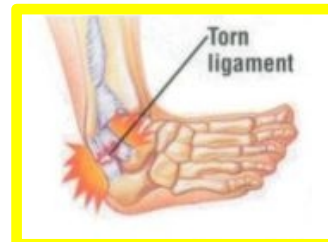
Tendinitis

Overuse can cause the **tendons** (tissue that connects muscle to bones) in your heel and the underside of your foot to become inflamed. This leads to pain and swelling.



Ankle Sprains

Sudden sideways movements can tear the ligaments (tissue that connects bones) in your ankle. This causes pain, swelling, and bruising.



Flat Feet

Weakened leg and foot muscles can cause the arch (the bones that support your foot) to collapse, or fall. This leads to foot and leg fatigue, pain, and other problems.

