

Chicago Foot Doctor Opens Runner's Foot Care Center Online

Written by Australian Business

CHICAGO, IL, September 28, 2013 **/24-7PressRelease/** -- Dr. Mark Jones would like to announce the availability of his online Runner's Foot Care Center in Chicago, IL. As both professional and amateur runners know, the condition of their feet is crucial to their sport, and special care must be taken to tend to foot pain or problems promptly. Dr. Jones understands this, and the Chicago Podiatrist can help runners keep their feet in top condition.

While most athletes address issues with their legs or joints immediately to avoid debilitating complications, problems with the feet are sometimes ignored until the problem becomes much worse. The foot is the second most frequently injured body part next to the knee, and runners especially need to practice preventative care for their feet.

One of the most important factors in maintaining foot health for runners is a proper shoe fit. Even the most expensive running shoe will cause pain if it doesn't fit your feet correctly. Shoes that are too short or narrow can cause numbness, callouses or painful blisters. For runners who wear orthotics, shoes need to be deep enough to accommodate the devices comfortably and properly. Dr. Jones is a podiatrist Chicago runners can trust to counsel them on finding the right running shoes for their specific needs.

Because of the repeated impact, runners are more prone to some conditions that affect the feet. Besides corns, callouses and blisters runners also frequently develop athlete's foot, which is a fungus that thrives in most, warm environments. Excess sweating exaggerates the problem, so runners should take care in choosing the right socks. Acrylic materials help to keep moisture away from the skin and are a good choice for runners with fungus issues.

Runners are also more likely to develop problems with the arches of their feet due to strain. Specially made orthotic inserts and proper footwear can treat and prevent arch strain as well as heel pain due to spurs or inflammation of the plantar fasciitis (the tendon that connects the heel to the ball of the foot).

Some people have what is called "overpronation", which is when the foot rolls too far inward during walking and running and more shock is absorbed on the inside of the feet. Overpronation in runners can eventually lead to problems or pain in the feet as well as issues with the muscles in the calf and lower legs. Other foot problems can cause issues with the shins, knees, hips and lower back when not treated properly.

At the Runner's Foot Care Center, the Chicago foot doctor will perform a full evaluation to

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assess your individual situation and needs. Because he is an expert in the field of podiatry he is current on both preventative foot care and treatment for all foot injuries and problems that runners may experience.

Chicago foot doctor Mark Jones can be reached at his office at (312) 923-1100. For further information please visit his website at: <http://www.thefootdocs.com/runners-footcare-center.html>

About Dr. Mark Jones: Dr. Mark Jones, Chicago podiatrist, and the rest of the doctors at the Center for Podiatric Medicine are all specially trained to deal with any podiatric need that may arise in their patients. Their practice offers a variety of services including laser treatment for toenail fungus in Schaumburg and many more. Each podiatrist at the practice belongs to a variety of professional podiatric organizations and regularly participates in continuing education programs to ensure they are providing the most effective and up to date service to their patients as possible.

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