

CHICAGO, IL, October 03, 2013 **/24-7PressRelease/** -- Our feet put up with a lot of abuse-from long workdays in dress shoes to marathon runs, the health of your feet is more important than you might realize. In fact, the feet contain one-fourth of the bones in your body; not to mention they support you even in your most active moments. Whether you are a dedicated athlete or working a job that requires you to be on your feet the whole day, you know that painful and sore feet can make it difficult to do even the most mundane day-to-day activities.

Even something as minor as foot pain can signify everything from simple wear and tear to a more serious medical condition. As an active adult, ensuring that your feet are their happiest and healthiest will ensure that you too stay healthy and mobile. Podiatrist in Chicago, IL, Dr. James Lavell takes foot health seriously, and offers his patients an array of services to maintain healthy feet.

From bunions and calluses to sprains and diabetic foot conditions, Chicago podiatrist, Dr. Lavell treats it all. "People are hard on their feet and after a while it takes its toll," says Dr. Lavell, Chicago podiatrist. "Athletes especially cause a lot of wear and tear, which can develop into serious conditions over time." One of the main factors for developing one of the more than 300 foot conditions is improper foot care during exercise." From athlete's foot to corns and heel spurs, athletes who do not properly care for their feet could easily suffer from one of these conditions in their lifetime.

Even those who don't consider themselves athletes can find themselves facing foot problems. Flip-flop lovers and women who can't get enough of those towering heels may encounter painful foot issues.

"Non-supportive shoes like flip-flops can cause heel pain and plantar fasciitis, a painful inflammatory condition that affects the connective tissue and ligaments in the bottom of the foot," says Dr. Lavell, Chicago podiatrist. "Ignoring even the smallest foot pain could potentially lead to chronic pain and even back and hip issues. People often don't realize that when pain and inflammation affects the feet, it can affect the whole body."

There is no reason why anyone should continue to suffer, and Chicago podiatrist, Dr. Lavell offers patients the ability to request appointments online. So it doesn't matter if you are riding on the train after a long day of work or sitting at your office desk, Dr. Lavell's website makes it easy for patients to get an appointment no matter where they are or what time of the day or night.

Treating Your Feet Just Got Easier With Online Appointment Requesting

Written by Australian Business

"We realize that people have busy schedules and don't always have the time to call to make an appointment," says Chicago podiatrist, Dr. Lavell. "That's why we make it simple for someone to get onto our website and quickly request an appointment. There's no reason not to see a doctor now." With prompt scheduling and even same day appointments available, why wait to give your feet the care and treatment they deserve?

Anyone can request an appointment online with Chicago podiatrist, Dr. Lavell at <http://www.lavellfootcare.com/> or at (773) 525-0204.

About Dr. James Lavell, LTD: Dr. James Lavell has been a solo practitioner for 31 years, and is Board Certified in Podiatric Surgery, as well as Board Certified in Laser Surgery. Maintaining the highest levels of accreditation, Dr. Lavell offers an array of services and treatments, including PinPointe laser treatment for toenail fungus, among others. Dr. Lavell graduated from the Illinois College Podiatric Medicine in 1981 and has maintained hospital affiliations since 1983. With podiatry constantly advancing, Dr. Lavell remains on the cutting edge of technology and treatment through continuing education, in addition to being a lecturer on an array of podiatric topics, including laser surgery.

Media Contact: Dr. James Lavell contactus@lavellfootcare.com 2032 West Irving Park Road Chicago, IL 60618 (773) 525-0204
<http://www.lavellfootcare.com/>

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