

Do You Take Care of Your Feet? Tricks To End the Pain

By AlturaSolutions Communications

Dated: May 31, 2011

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Fremont, OH – A survey by the American Podiatric Medical Association (APMA) finds that while 50 percent of Americans experience some sort of foot pain, only about half seek a remedy.**

The study also reported that those experiencing foot pain are much more likely to experience the following other health issues:

- Back pain, 65 percent
- Joint pain, 64 percent
- Knee pain, 52 percent
- Circulatory issues/ailments, 32 percent
- Heart issues, 20 percent.

Forty-one percent of the respondents added that their feet hurt at the end of the work day and believe their overall health would be better if their feet did not hurt so much.

JoAnn Boston, market development manager at Crown Mats and Matting, suggests that for people who must stand for long periods of time—whether on a factory floor or when cleaning and maintaining facilities—there are some tricks that can help alleviate the pain.

For instance:

- Roll a 12-ounce can under the arch of the foot for a few minutes; this can help stretch the foot and improve blood circulation.
- Picking up a towel off the floor using only the toes several times “can be surprisingly effective; it stretches muscles in the feet as well as tendons,” explains Boston.
- Leaning up against the wall and stand on your toes; this stretches the calves and can improve blood circulation.

“And, employers can also help minimize pain,” adds Boston. “The APMA and the Canadian Center for Occupational Health and Safety both advise the placement of anti-fatigue mats to decrease stress on feet and legs.”

Anti-fatigue mats provide standers/walkers with both a cushioning effect and bounce. Along with stress reduction, Boston says this helps improve blood circulation, reduce inflammation, and helps to alleviate pain.

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*FootFacts is a service provided by Crown Mats and Matting to help workers protect their feet and lower extremities, reduce pain, improve health, and enhance worker productivity.

** The survey involved 1,000 U.S. adults, 18 years of age or older, and has a margin of error of +/- 3 percent.

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About Crown Mats and Matting

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line offered in our industry. Crown sells matting through an extensive network of highly trained sales representatives throughout the United States and worldwide. These sales experts are familiar with the features and benefits of all matting systems and are able to help their clients find the right system for virtually any application.

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