

FAT PAD ATROPHY/SYNDROME

THE LOSS OF THE FAT PAD UNDER YOUR FEET

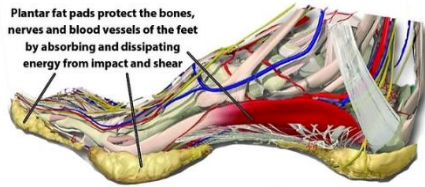
Full length Walkabout®
Premium Insole



FAT PAD ATROPHY/FAT PAD SYNDROME is a condition that refers to the loss of fat pads in elderly people, in the ball of the feet, which causes thinning of the protective natural cushioning (adipose tissue) that sits under the bones. Age is the most common cause, as fatty tissue is reduced in the foot.

Wearing high heels, walking barefoot and using thin insoled shoes may initiate or exacerbate the condition.

Avoid walking on tiptoes, squatting, walking down a slope. Wear low heels, flats and avoid barefoot walking. Source for full length insole which evenly distribute weight.



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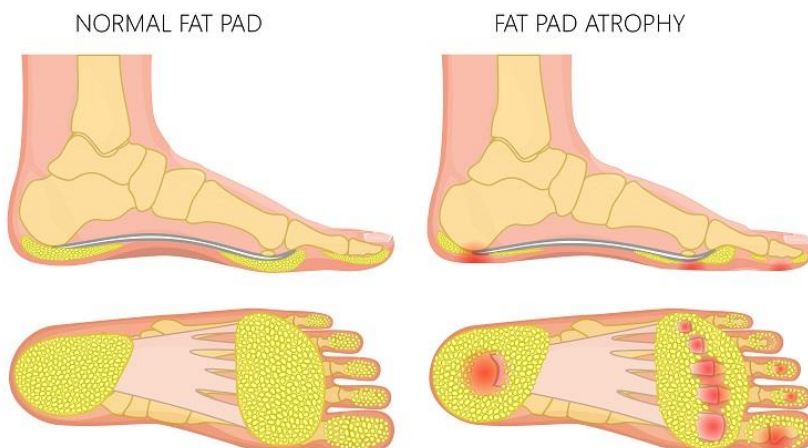
This is commonly seen in elderly people who suffer from significant pain while walking, as the shock absorption from the fatty tissue is no longer there.

Without the fat pads the whole bodyweight shifts onto these bones with minimal to no protection. Therefore the load under this area is unable to be spread out, effectively leading to pain, inflammation and over time possible damage to the bones.

Although plantar fat pad atrophy affects both men and women equally, the choice of higher heeled footwear makes women more susceptible to developing pain and callouses on the ball of the foot. Callus that is not treated may lead to ulceration of the underlying tissue.

Similarly, there is a natural fat pad (adipose tissue) under the heel bone. As a person stand or walk, the body weight is transferred through the heels and ball of the foot, so both these areas need protection.

CAUSES OF PLANTAR FAT PAD ATROPHY (LOSS OF FAT PADS IN THE SOLE OF THE FEET):



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Collapsed long bones in the



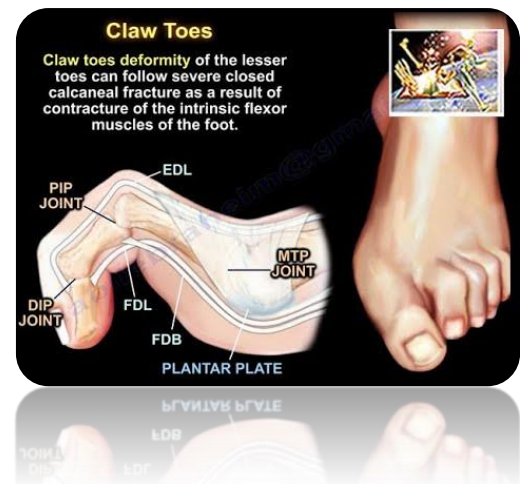
ball of the feet leads to increase pressure, wearing out the fat pad over time.

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Injury to the ball of the foot, multiple surgery incisions or fractures can lead to thinning and displacement of the fat pad. Genetics are considered to be a cause behind excessive loss of fat pads on feet.

Rheumatoid arthritis, causes clawing of the toes and more protrusion of bones in the ball of the feet.

There is often thinning and loss of fat pad in the sole of feet in people with diabetes, especially if neuropathy (no feeling) has set-in. This increases the risk of developing foot ulcers.



SYMPTOMS OF PLANTAR FAT PAD (LOSS OF FATS PADS IN FEET):

Experiencing pain in the ball of the foot, when barefoot, in heels or thinned soled shoes. Pain is greater when standing, likened to having a small rock in the shoe. Calluses may appear and become very thick on the ball of the foot. When feeling the ball of the feet, one can easily feel the bones.

TREATMENT FOR FAT PAD ATROPHY (LOSS OF FAT PADS IN SOLE OF FEET):

Avoid activities that require walking on tiptoes, squatting, walking down a slope (hikers take note) or any action that puts pressure on the ball of the feet. this includes using high heel.

Wear low heels (an inch or less), flats and avoid barefoot walking (hikers take note). Switch high impact weight bearing exercise to low impact alternatives, such as cycling, swimming and pool running.



Source for orthotics (insole) which evenly distribute weight across the sole of the feet, provides adequate shock absorption and comfort.



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degree of stepshock generated.



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