

# Happy Feet

The foot contains 26 bones and 33 joints, plus 126 ligaments, muscles and tendons.

By Pat E Belcher

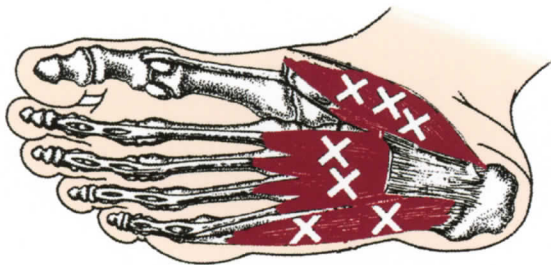
Think about it. This architectural wonder takes a daily beating. Take walking. One mile from a 150-pound person exerts an equivalent of 127,000 pounds – to each foot. In a lifetime the average foot travels about 115,000 miles. Wow! And, at times the strike force is increased to 4 times your body weight.

Will this surprise you? Women are 4 times more prone to foot problems than men.

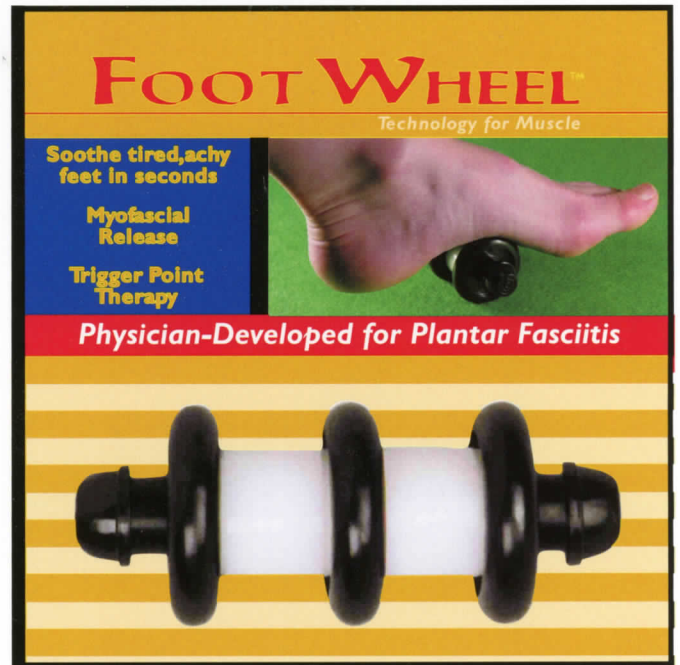
## Why So Much Foot Fuss?

Here's my answer. As feet get tired – muscles shorten. In order to return to normal, muscles must relax and recover. Now here's the killer – chronically shortened muscles develop trigger points. And, muscles containing trigger points can't relax – until the trigger points are released. That's where the magic of the **FOOT WHEEL** comes in.

## Common Trigger Points



The foundation of the foot accommodates 3 major support muscles. With this in mind, I developed the **FOOT WHEEL** with 3 center-balanced wheels. Each rolls free from control of the other. Searching – to find and destroy trigger points. I invite you to experience the magic.



Foot muscles balance the arches for a stable foundation.

## Comments from Professionals

- Mike Goforth, ATC, Director of Athletic Training, Virginia Tech – “We keep a bunch of FootWheels in the freezer. Football players really benefit from them during two-a-days.”
- Timothy Maggs, DC, New York State, “I keep one in every treatment room. Patients enjoy using them while waiting for me.”
- From Athens, Greece, Sydney Wade, DPM – “The FootWheel is a simple and effortless solution for the management of plantar fasciitis.”

## The Best Features

You can manage tired, achy feet – in seconds. Enjoy standing or seated – works best standing.

As you first direct the smooth, nylon wheels – you'll likely feel ouch pain. That's good! You've found a trigger point. [the major cause of foot pain] Now with a few back & forth strokes, the trigger points will melt like butter. Your foot will relax. Feel good. You won't be able to explain it – I can't either. That's why I call it magic.

By the way, the FootWheel is less than 5" long. One size fits all. It's made of nylon & steel – but only weighs 5 oz. It's given me an endless supply of relief. Try it — you'll see!