



# Paradigm Podiatry

## LEADING CHANGE IN FOOT CARE

### **Paradigm Podiatry Introduces Solution To Celebrity Ankle Sprains**

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Paradigm Podiatry, a Pembroke Pines, Florida based clinic, has announced a possible solution to common ankle sprains. The clinic stresses that there are a number of celebrities with feet problems, and that the same solutions celebrities use are also applicable to regular people. They pointed out that celebrities are like regular people who can have long-term foot issues due to wearing the wrong shoes.

Dr. Stacy Holder, owner of the clinic states, "Regular Joes aren't the only people who exhibit common problems with their feet and ankles. Celebrities like Meg Ryan, Kate Moss, and Julianne Moore also have issues that cause foot problems, and we can provide a solution for everyone."

Dr. Holder states that over the years, a number of celebrities have spoken out about the damage done to their feet by certain types of footwear. Such footwear have been found to cause bunions, hammertoe, and plantar fasciitis, or even sprains that can be very painful and in severe cases, cause long term damage. There have even been reports of footwear causing back and knee pain as well.

Dr. Holder recommends always choosing shoes that fit properly, to avoid issues such as these. "Wearing

shoes that are too tight can create serious long term complications," she explains.

Shoes that do not offer adequate support can be another problem, according to the clinic. Dr. Holder recommends choosing function over fashion when choosing shoes. Try wearing shoes that offer support, choose wisely based not only on the length, but also the width of the foot.

The clinic has treated a number of Pembroke Pines ankle sprains, for celebrities as well as those "regular Joes," and states that they offer solutions for everything from a South Florida ingrown toenail to foot problems that are attributing to back and leg pain.

Dr. Holder recommends that those who feel they may be suffering with the type of foot problems discussed above can contact the clinic to schedule a consultation. More about celebrities and the problems that they have faced due to wearing the wrong types or sizes of shoes can be seen at [http://www.huffingtonpost.com/2015/04/30/britney-spears-falls-sprains-ankle\\_n\\_7179536.html](http://www.huffingtonpost.com/2015/04/30/britney-spears-falls-sprains-ankle_n_7179536.html). Those interested in scheduling a consultation for foot related problems can contact Paradigm Podiatry at (954) 391-7674 or visit the company's official website, [ParadigmPodiatry.com](http://ParadigmPodiatry.com).

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For more information about Paradigm Podiatry, contact the company here: [Paradigm PodiatryDr. Shewp954-391-7674drshewp@paradigmpodiatry.com](mailto:drshewp@paradigmpodiatry.com) 1791 NW 123rd Avenue Pembroke Pines, FL 33026

## **Paradigm Podiatry**

*Paradigm Podiatry is a holistic foot and ankle medical practice with state of the art equipment that treats people of all ages.*

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