



Paradigm Podiatry

LEADING CHANGE IN FOOT CARE

Paradigm Podiatry Announces New Treatment Options For Kids With Heel Pain

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Pembroke Pines, Florida based clinic, Paradigm Podiatry, has announced new treatment options for children who experience pain in their heels. The clinic offers treatment for Sever's disease and other issues that cause heel pain in kids.

Dr. Stacy Holder, podiatrist with the clinic, states, "Many people don't realize that adults are not the only ones who suffer from heel pain. There are a number of issues that could cause pain in children as well, particularly those who are active in sports."

The clinic provides custom orthotic inserts that are designed to help alleviate pain in children's heels, and they urge parents to pay strict attention when purchasing such inserts online or over the counter. "If your child's feet have not been evaluated, and an insert is not prescribed for that child's unique foot and problem, then it might not resolve the issue," states Dr. Holder.

She says that orthotics need to be custom made to provide the benefits they are designed to provide. The clinic can evaluate children's feet and prescribe custom orthotics that will help to alleviate pain and discomfort

from a number of issues including flat arches and foot pain.

Dr. Holder states that these orthotics can be very beneficial to student athletes with heel pain, as they provide the proper support to help alleviate issues that could be causing pain. She says that while over the counter shoe inserts can be helpful for some issues, they cannot correct biomechanical foot problems, or more serious issues in children or in adults.

Custom orthotics, on the other hand, such as those prescribed by the Pembroke Pines podiatrist, are specifically designed to support the feet and for the individual wearing them. They are made to perfectly match the contours of the patient's feet, matching the way that specific person's feet move. Custom orthotics can only be created after a podiatrist has performed a thorough examination of the patient's feet and legs, ensuring that the orthotic is precisely designed to accommodate any unique feet or heel issues.

Those interested in learning more about Dr. Holder and her staff's ability to provide relief for heel pain in children can visit the practice on their official website (www.ParadigmPodiatry.com).

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For more information about Paradigm Podiatry, contact the company here:
Paradigm Podiatry Dr. Shewp
954-391-7674
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.

Website: <http://ParadigmPodiatry.com>

Email: drshewp@paradigmpodiatry.com

Phone: 954-391-7674



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