

living life *without limits*



END YOUR FOOT PAIN ONCE AND FOR ALL!!

Is time an issue? Are you a multi-tasker?

When you come to Active Life Institute you can experience a number of Health Services, Classes and Workshops.



Dr. Shermi V. Parikh

At Active Life Institute, our goal is to help people in our community get well and stay well by providing the best quality health care in a courteous, professional, ethical, and efficient manner,

Clinical Health Services

- Chiropractic
- Podiatry
- Physical Therapy
- Massage Therapy
- Exercise and Fitness
- Nutrition
- Pain and Wellness
- Sports Injury
- Weight Loss
- Strength Training

Classes and Workshops

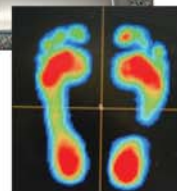
- Yoga and Pilate's
- Self Defense
- Kickboxing

Do you have pain in your feet, knees, or lower back?

If so, a computerized gait scan may be the tool to help evaluate your condition. We use a highly sensitive machine that measures the pressure points on the bottom of your feet when you stand and walk. It allows a physician to evaluate how a person is distributing the pressure across his or her feet while walking. If there is prolonged pressure in a certain area, this may correlate with pain.

How does it work?

There is a highly sensitive foot plate that measures the readings when a person is standing and walking. The static scan is taken when a patient stands on the plate. The readings are taken within seconds and are visualized



for the patient. Red areas indicate increased pressure and black areas indicate no pressure. The machine also can calculate the percentage of pressure on each leg. Results show that most people favor one side over the other and this is normal. However, some people with a large difference in pressure between the

right and left leg may have a hip or pelvis issue that is causing their limb length discrepancy.

What does the scan tell the physician?

Besides visualizing pressure points in the foot, the scan can also tell if a person has flat feet or high arches. Many times, the structure of one's foot when walking can cause abnormal pressure in certain joints and ligaments in the foot. Many people with flat feet or high arches need more support in their shoes to redistribute this pressure. These conditions can also lead to knee and lower back pain because the feet are not stable when walking.

How will the scan help with my foot ailment?

After evaluating the gait scan, it may be decided that orthotics would benefit the patient. Orthotics are custom made arch supports that are made from impressions of your feet. They are specifically designed for you and help your foot function better. They disperse the pressure throughout the foot and help to stabilize it during walking or running. People who are active and participate in an exercise program, or those just starting to exercise, can benefit from orthotics. They can prevent injuries or treat existing conditions.

The gait scan is an innovative way for the patient to visualize what is occurring when he or she walks or stands. It is an adjunct to a good clinical exam and possibly X-rays. If you are interested in learning more about the gait scan, please call Active Life Institute. Dr. Parikh is a podiatric physician and surgeon. She has been in practice for 5 years after finishing her residency at St. Mary of Nazareth Hospital. She is a compassionate physician who prides herself on listening to her patients and assessing their needs to the best of her ability.



- Chiropractic
- Sports Injury
- Physical Therapy
- Sports Performance
- Acupuncture
- Therapeutic Massage
- Custom Nutrition
- Group Exercise
- Weight-Loss
- Senior Workshops

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