



ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™  
*Get back to what you love*

# Walking Shoes

## Making sure your shoes are fit for your feet

*Allied's foot expert, Ben, has some advice for picking the best walking shoes*

The best walking shoes don't have to be the most expensive. But they do need to be supportive and comfortable. Proper walking footwear should be able to carry you many miles without causing foot, heel, or leg pain.

If you are suffering from any kind of pain while walking, you may want to give your walking shoes the once-over. And remember, according to the good people at Harvard University Health, you should replace those walking shoes every 300 to 500 miles. If you walk briskly for 30 minutes a day, five days a week, that translates to a new pair every six to 12 months.

In this month's Wellness Connection video, Ben, our therapist with expertise in feet, gives you a few tips to check your walking shoes – or while shopping for a new pair – to be sure that you are getting the best, most supportive fit for your feet.

If you continue to experience pain after replacing your footwear, it is time to give the experts at Allied a call, at (239) 242-0070 so you can begin your own journey back to what you love!

SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## LASER THERAPY

Did you know that laser therapy can speed healing  for some physical therapy patients? Originally developed in the 1960s, laser therapy has steadily gained in popularity due to its effectiveness in promoting healing and reducing pain. Using specific wavelengths of light to penetrate the skin and tissues, laser light energy is absorbed by the cells, leading to a series of biological processes that promote healing. Available at Allied as an add-on to traditional physical therapy treatment. **Scan the QR code above!**



**1469 SW 4th Terrace • Cape Coral FL 33991**

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



**(239) 242-0070**



FOLLOW US ON  
SOCIAL MEDIA!

**alliedpt.com**

