

## DO YOU SUFFER FROM ACHES & PAINS?

Effective Treatment from a Local,  
Experienced Osteopath

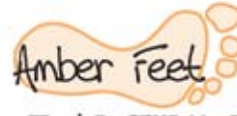
- Back ache
- Neck pain, arm pain, leg pain/sciatica
- Headaches
- Nerve pain, pins and needles, tingling
- Shoulder problems, injuries, stiffness
- Knee problems
- Arthritis, stiff joints
- Sports Injuries
- Whiplash
- Pregnancy-related aches and pains
- Tension / tight muscles
- Repetitive Strain Injuries
- Work-related strains/injuries

Accepted by most Insurance Schemes.

Rachel also runs Yoga classes in Belper.

Rachel Jennings BSc Hons,  
**Kilburn Osteopaths**

2 Northfield, Kilburn, Belper DE56 0LW  
Tel: 01332 780580  
www.kilburnosteopaths.co.uk



Peter Waugh DipCFHP, Mps Pract.  
Home Visiting Foot Health Practitioner

Reliable, professional foot treatment  
in the comfort of your own home.

Corns  
Hard skin  
Cracked heels  
Ingrown nails  
Heel pain  
Diabetic care  
Hard to cut nails

Whatever your foot problems, I can help.

Why suffer with painful feet?

Make your appointment now.

Call 01332 883345 or 07969 566395

I visit the whole of Amber Valley.

Home visits only £19.00

**Lianelle**  
COUNSELLING  
& THERAPY

*Counselling is a safe way to work  
through a wide range of problems  
including relationships, self  
confidence, stress, anxiety,  
bereavement, childhood issues and  
other problematic areas.*

*For a confidential service in a private  
and peaceful setting, contact*

**Shirley Hough**

Cert Dip, Counselling, MBACP

**01332 840485**

36 Derby Road, Duffield, Belper, Derbyshire

## Foot Notes They're only feet!

**We really do take our feet for granted don't we? After all, they are only feet aren't they?**

Perhaps we should think a little bit more about what these unglamorous parts of the body are and what they do for us.

Each foot contains 26 bones that's 52 bones between them or, in other words, over a quarter of the body's 206 bones. The way that these bones work with each other gives approximately 40 joints in each foot!

The joint behind the big toe takes approximately one and a half times your bodyweight each and every time you take a step. Not bad for a joint not much bigger than an Oxo cube.

They give us constant feedback about the surface we are walking on and thanks to all those bones, joints and untold ligaments and muscles, both in the foot and the lower leg, enable us to walk and balance safely on very uneven ground. Even the toenails have an active role by protecting the toes and helping with balance. The skin is three to four times thicker on the heel and ball of the foot than anywhere else on the body offering protection to the bones and muscles of the foot in everyday use. We even have a pad of fat under the foot which acts as a natural shock absorber which again protects the underlying tissues.

So, when you force them to work in shoes that aren't really the right size or shape, or force them to stand on hard floors for hours on end, or walk or run for miles don't worry after all, they are only feet!

Take care.

**Peter Waugh** (Amber Feet)

