

3

What Makes Neck Pain Call on You

Common neck pains are a result of a combination of factors. Some of the factors could be your own undoing and some could be for reasons that are beyond your control. Now let us explore these factors one by one beginning with the 'risk factors' that could lead you to painful neck

RISK FACTORS FOR COMMON NECK PAINS

The three important risk factors, which lead to the genesis of the common neck pains are:

1. Altered neck mechanics.
2. Advancing age related changes.
3. Additional loads through the neck.

Now let us analyse each one in greater detail:

Altered Neck Mechanics

If the neck curve is altered by too forward a curve, too backward a curve, or by a sideward curve, by the improper neck postures we adopt in our daily lives, then abnormal pressure is exerted on the structures and the muscles due to the altered neck mechanics. This leads to muscle fatigue and the pain develops. In fact, the neck pain is a cry of anguish emanating from your beleaguered muscles seeking attention from your side to spare it from the agony.

Note: Altered weight transmission is due to the altered neck mechanics following improper neck postures.

Misadventures of Neck

Look how you blissfully indulge in neck misadventure everyday which results in altered neck mechanics:

- During sleep, you either use too thick a pillow, or too thin or no pillow at all during sleep. This disturbs the normal forward curve. Thus you are guilty of not providing respite to your neck even at sleep! (Fig. 3.2 and see Figs 4.2b and c).
- You lean over the washbasin or stretch or bend your neck while brushing, shaving, taking bath, etc. (see Fig. 4.4).
- If during your morning chores, you receive a phone call, you promptly tuck it between your tilted neck and shoulder (see Fig. 1.2a).
- You lean over or side-tilt your neck while reading your morning newspaper, eating your breakfast, drinking, dressing, wearing your shoes, etc. (see Fig. 7.19).
- Modern day travelling imposes greater stress on your neck as you lean over the windows, rails, or even over fellow passengers!
- Worse still, mobile maniacs exhibit heights of their foolhardiness and recklessness by speaking over their mobile phones while driving two wheelers or their cars. A despicable situation bordering on insanity! (Fig. 3.1 and see Fig. 4.3).
- Your neck has no respite even after you reach your place of work. You work for 8–10 hours sitting awkwardly on ill-designed

Table 4.1 helps you to identify correctly the acute or chronic type of common neck pain you may be suffering from:

Table 4.1: Differences between the common neck pains

Features	Acute	Chronic
Onset	Sudden	Gradual
Age	Any age	Elderly
Intensity of pain	Severe	Mild/Moderate
Duration of pain	Short	Long
Characteristic (pain)	Localised	Local/radiating
Neurological	None	Deficits may be seen
Investigations (X-ray)	Normal	May show changes
Treatment	Simple	Complex
Sequelae	Rarely chronic	Associated with complications
Prevention	Entirely	Preventable preventable to certain extent

Rapid recall: Types of neck pains

I. Common Neck Pains

Acute

- Neck muscle spasms (called Myalgia).
- Neck muscle strain.
- Neck ligament sprain.

Chronic: Cervical disc syndromes consisting of

- Neck pain only.
- Neck pain with radiating pain in the arm.
- The second variety with neurological deficits.

II. Uncommon Neck Pains

- *Birth disorders:* For example, congenital torticollis.
- *Infective conditions:* For example, tuberculosis.
- *Inflammatory conditions:* For example, Rheumatoid arthritis, ankylosing spondylitis.

- *Metabolic disorders:* For example, Osteoporosis.
- *Traumatic conditions:* For example, Various fractures and dislocations of the neck.

From Table 4.1 I am sure, you will have no difficulty in identifying yourself, the types of common neck pain you may be suffering from. Once you identify the 'culprit', remedy lies at your beck and call.

Why should common neck pain be attended to immediately? What will happen if it is ignored? You will come to know about this, if you know the sequelae of the common neck pains if left unattended or if it is not treated properly (see box).

Important facts: Sequelae of common neck pains

A. Acute neck pains

Why are acute neck pains, such a troublesome problem? The answer lies in the trail of its devastating after effects, the notable ones among these are:

- During the period of the acute attack, a person is totally out of action till it resolves. This leads to absenteeism and loss of productivity at the place of work.
- Recurrent attacks of neck pain may follow.
- After many attacks it may become a permanent chronic problem.
- Chronicity may lead to permanent neck deformities like the wryneck.
- Over the years it may predispose to the formation of cervical spondylosis.
- Anxiety and depression.

B. Chronic neck pains

- Prolonged pain and suffering.
- Permanent neurological damage resulting in weakness and loss of sensations in the upper limbs.
- A common neck pain patient may become a victim of depression and anxiety neurosis.
- Rising medical costs.

Note: It is better if the ends of the canes have rubber cushions, so that it does not skid and result in falls while walking or climbing.

- **Sitting chairs:** To facilitate easy getting in and getting out of a chair, it is advised that patients use high rising chair instead of the conventional low-level chairs. This helps a patient to get in and get out of the chair with considerable ease (Fig. 10.26a).
- **Car seats:** To get in and get out of the car, ensure high raise seats, proper grips inside of the car to facilitate easy getting in and getting out of the seats.
- **Toilet seats:** Raise the level of the seats of Western toilets, to facilitate easy sitting and getting up from the commode. Provide proper railings on the sides of the way to grip firmly (while sitting and getting up from the toilet seat (Fig. 10.25).
- **Soles of the footwear:** Use microcellular soles (called the MCR) in your shoes and other forms of footwear. This is known to reduce the shock on your heels and knee joints and makes the weight bearing activities less stressful (Fig. 10.26b).
- **Stairs climbing technique:** While climbing up the stairs, advance your painful leg first and while getting down from a staircase use the normal limb first. Hold the side railings while going up and down the stairs. It is better to use the lifts for climbing if the facility is available.



Fig. 10.25: Providing railings and raising the height of the commode helps the patients to prevent stress on the knees

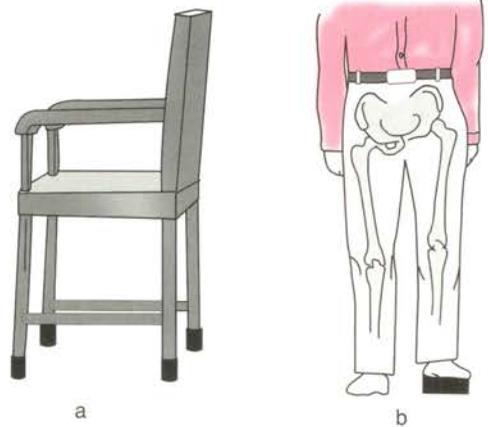


Fig. 10.26: Raising of the height of the chair enables osteoarthritic patient to easily get in and get out of the chair (a), providing shoe supports corrects limb length, if any (b)

- **Knee supports:** Wearing of additional knee supports like knee braces or kneecaps provides additional sense of security and support to the creaking joints. It also provides a psychological boost to the sufferer (Fig. 10.13).

However, a correct sized knee cap has to be chosen. If too loose it is ineffective, if it is too tight it may cause swelling of the ankle and the foot. Hence a snugly fitting knee cap has to be chosen and worn. It should not be worn at rest or during sleeping. To preserve the elasticity it should not be ironed but just rinsed and dried.

A quick recap of the selfhelp techniques

- Avoid overweight.
- Avoid walking on irregular surfaces.
- Avoid wearing high heels.
- Avoid squatting on the ground.
- Avoid Indian toilets.
- Avoid unnecessary load on the knees by refraining from unwanted standing, climbing, etc.
- Avoid smoking and alcohol.

Ans: The term TKR means total knee replacement. It is a very sophisticated surgery and the cost of the operation varies depending upon the type of implants whether imported or local. Approximately it may vary from Rs. 50,000 to Rs. 1 lakh per knee. The indication for this surgery is severe osteoarthritis over the age of 65 years.

10. Does smoking and boozing have adverse effects on our knee joints?

Ans: The answer is a definite yes. These twin bad habits to hasten joint degeneration and slow the recovery. A bad news for smokers and alcoholics.

Moral: Don't you think this is another strong reason to send these twin vices to the recycle bin!

11. After TKR can the person use his knee joint freely?

Ans: No. The person who has undergone TKR can use the knee selectively and not freely as he used to use his own knee joint. After TKR patient is advised not to squat on the ground, not to run, climb or stand for longer durations. He need to use only the Western toilet. He needs to use the assistive devices like canes, etc. while walking on a permanent basis. The advantage of TKR is it helps the patient to get rid of the pain and helps in correcting the deformity.

The vital lesson: Nothing can replace your God given joints. Hence try to use it with care and preserve it.

12. I have been practising Yoga since my young days? I am now suffering from bilateral osteoarthritis of the knee? Can I still continuing doing Yoga?

Ans: Though there is no strict contraindication for doing Yoga in your case, however certain asanas which involve sitting like Padmasanas, Veerasana, Vajrasanas, etc. needs to avoided. You will have to consult your Yoga teacher before deciding what asanas are suitable in your case.

13. What are the role of drugs in osteoarthritis? Should I take the pain-killers permanently?

Ans: Drugs play an important role in the treatment osteoarthritis of the knee. Pain-killers need to be taken only with the instructions of your doctor and that too for a short period only. Long term usage of painkillers is usually not advised for fear of complications like nausea, vomiting, gastritis, etc. Other newer drugs, which attempt to modify the disease process like glucosamine, etc. are being tried with varied success.

**EIHT (EBNEZAR'S INTEGRATED HOLISTIC THERAPY)
FOR CHRONIC KNEE PAIN DUE TO OSTEOARTHRITIS**

Role of Ebnezar's Integrated Holistic Therapy in OA Knees

EIHT is very promising treatment modality for treating knee pains due to OA knees. The details about this therapy has been described in section on neck pain and low backache. The steps of EIHT therapy for OA knees are as follows:

Phase I: Preparatory Phase — 30 minutes

- Omkar Meditation (with chin mudra) – 5 rounds.

- Nadi Shudi Pranayama (with Nasik mudra) – 5 rounds.
- Reflexology and acupressure.
- Magnet therapy – 10 minutes.
- Physiotherapy – 15 minutes.
 - a. For stiffness – wax bath/USM or TENS.
 - b. Without stiffness – TENS/USM.

Relaxation-Instant

Contents

Preface

vii

Section 1: Neck Pain



1. Introduction

- Human neck—God's wondrous creation 3
- Common neck complaints 4
- Some horrifying complaints 5
- Neck pain in the elderly 6
- My own experiences 7

2. Know Your Neck before You Know its Aches and Pains

- Introduction 8
- Your neck's forward curve 8
- Advantages of forward neck curve 9
- Structure of neck (anatomical arrangements) 10
- Functions of the neck (physiological role) 10
- Mechanism of weight transmission of neck 13
- Bad posture and neck pain 14

3. What Makes Neck Pain Call on You

- Risk factors for common neck pains 15
- Altered neck mechanics 15
- How advancing age contributes for the problem 17
- Additional load transmission through your neck 17
- Neck postures gone wrong 17

4. Types of Neck Pain

- Uncommon neck pains (UCNPs) 19
- Common neck pains (CNPs) 19
- Acute variety of CNP 20
- How does a patient with acute neck pain present and why is it such a troublesome problem? 21
- Chronic variety of CNP 24
- Rapid recall: Types of neck pains 26
- Clinical presentation of cervical spondylosis 27

5. Investigations for Common Neck Pains

- Laboratory tests 28
- X-ray of the neck 28
- CT scan of the neck 29
- MRI 29

6. Managing Acute Common Neck Pains: Preventive and Curative Measures

- Preventive measures for acute common neck pains 30
- During sleep 30
- Why are pillows needed? 30
- Everyday morning activities 31
- At home and work 31
- While driving 31
- While travelling 31
- While working 32
- While studying 32
- At a beauty parlor or saloon 33
- Payoffs for your neck discipline 33
- Curative measures to combat acute common neck pains 33
- Self help measures (how to exorcise the ghost of acute common neck pains yourself?) 33
- Managing common acute neck pains yourself 34
- When to see your doctor 34

7. Managing Chronic Common Neck Pains

- See what the doctor can do for you? 35
- Conventional treatment 35
- EIH therapy 35
- Introduction 35
- Interrogative session 36
- Therapeutic session 36
- Exercise therapy 39
- In the intensive exercise group 41
- Exercises to improve the mobility of the neck 42
- Neck strengthening exercises (isometrics) 43
- Mode of action 44
- Advantages 44
- Disadvantages 44
- Educative session 45
- How to put your neck trouble behind you 46

8. Neck Pain in Special Situations

- Neck pain in school children 48
- Neck pain in computer professionals 48
- Why does RSI happen? 50

- Ergonomic advice 52
- Practise neck and back care techniques 53
- Other measures 53
- Ebnazar's Integrated Holistic Therapy (EIHT) for chronic neck pain 54

Section 2: Low Backache



9. Low Backache 63

- Introduction 63
- How is backache different from other diseases? 63
- What is the best way to deal with back pain? 64
- Design of your back 64
- What is back? 64
- Structure of your back 64
 - The spine is divided into five areas 65
 - The spine bones, called the vertebra 65
 - Discs 66
 - Role of your back muscles and ligaments 66
 - Nerves 66
- Arrangement of your spine into an S-shaped structure 68
- S-curve—nature's plan for human beings 68
- How has this S-curve evolved in the humans? 69
- Advantages of your S-curve 70
- Functions of your spine 71
- Know the pressures your spine is subjected to, day in and day out 72
- Everything you need to know about human posture 73
- Your life day in and day out 73
- Also consider other factors burdening your spine 74
- Welcome to the world of backache 74
- Low backache 75
 - Causes of low backache (LBA) 75
 - Uncommon causes for low backaches (LBA) 76
 - Common causes for low backache 78
 - Sudden insults to your back 78
 - Gradual insults to your back 80
 - Ponder over your various faulty postural habits adopted by your sleeping habits 80
 - Your standing habits 80
 - Your walking habit 81
 - Your sitting habits 81
- How does these improper postures jeopardize your spine? 82
- Your sedentary life 82
- Urbanization hazards (our life in cities) 83
 - Our working environment 84
 - The upper group 84
 - The middle group 84
 - The lower group 84
- Special groups (high backache risk professionals) 85
- Summary of the reasons for common low backache 86
 - Various presentations of low backache 86
 - Common low backache 86
 - Common low back pain (80%) 86
 - Features of Common LBA 88
 - Disc related backache has three different presentations 88
 - Differential diagnosis of common low back-pain 89
 - Slipped disc 90
 - Presentation in other uncommon causes of low backache 90
 - Various investigations in low backache 92
 - Treatment options 94
 - Doctor's role 94
 - Drugs 94
 - Surgery 94
 - Physiotherapy 95
 - Adjuvant measures 96
 - Exercises of the back 96
 - You as your own doctor 97
 - Sitting 98
 - Types of bad sitting 99
 - Proper sitting 99
 - Choose the right chair (ergonomic chair) 99
 - Required features of the proper chair 99
 - Correct methods of sitting 99
 - Standing 100
 - Correct methods of standing 100
 - Walking 100
 - Sleeping 101
 - Getting up from the sleep correctly 101
 - Going to the bed correctly 102
 - Practise correct weight lifting methods 102
 - Bending and lifting 102
 - Methods of turning 104

Learn proper driving habits	104
While driving two wheelers	104
Cars and other four wheelers	104
Public transport systems	105
Travelling habits	105
Use of hotel mattresses	105
Kitchen habits	106
What bad habits mean to your back	106
Stress	106
Avoid stress	107
Exercise your backache away	107
Aims and objectives	107
General instructions	107
Start with warm-up exercises	108
Types of warm-up exercises	108
Exercises recommended for the back	108
Abdominal muscle exercises	108
Exercises of the trunk hip, thigh and leg muscles	110
Procedures	111
Yoga	112
The role of yoga in the treatment of low backache (LBA)	112
Other useful measures to counter low backache	113
Do these and backache will visit you less often	113
Treatment measures you can safely practise	114
Simple screening tests to rule out major back problems	114
Simple screening tests to detect when you need surgery	114
Self-treatment methods you can safely practise	116
When to see a doctor	116
Backache in special situations	116
Occupational backache	116
Ergonomics	117
Frequency of complaints in occupational backaches	117
Putting ergonomics into practice	117
LBA in pregnant women	119
School bag syndrome	119
Anti-recurrence measures to prevent LBA from striking you again	120
Computer back	120
Repetitive stress injury (RSI)	120
EIHT (Ebnezar's Integrated Holistic Therapy) for chronic low back pain	121

Section 3: Painful Knees



133

10. Osteoarthritis of the Knee

Introduction	134
The genesis of a problem called osteoarthritis (OA)	135
Basics of joints	135
In a nutshell, about your joints	135
Now, let us know about the problem itself ageing effects	136
Joint abuse	137
Unfolding of the disease sequence and consequence	138
Risk factors in osteoarthritis	138
Types of osteoarthritis	139
Presentation of the problem (medically called the clinical features)	139
How to detect the existence of this disease (investigations)	140
Differential diagnosis	142
How does OA differ from the other common form of arthritis namely the rheumatoid arthritis?	142
Remedies available	143
Learn to help yourself before the doctor helps you in cornering this disease	144
When to see your doctor	145
How can the doctor help you?	145
Goals of treatment	145
Treatment methodologies	145
Home physiotherapy which you can safely practise	148
Surgical procedures	148
Knee replacement surgeries	149
Surgeries to correct the deformities of the knee	150
Joint fusion	150
Exercise to strengthen the knee joint muscles	151
Active range of motion exercises to mobilise the knee	152
You as your own doctor	153
Keep a watch on the food you eat	154
Other important measures	155
Alternative therapies	157
Commonly asked questions regarding osteoarthritis knee	157
EIHT (Ebnezar's Integrated Holistic Therapy) for chronic knee pain due to osteoarthritis	159

Section 4: Osteoporosis

11. Brittle Bones

- Consider this scenario in my clinic 169
- Introduction 169
- What is this osteoporosis all about? 169
- Certain bone basics you need to know 169
- Your bones, a 'hard' marvel! 171
- Distribution of osteoporosis across the globe (epidemiology) 171
- Problem in India 171
- The genesis and progress of osteoporosis (medically called the pathophysiology) 172
- Causes and risk factors in osteoporosis 173
- The 'crux' of the problem in osteoporosis 173
- Who do you think are likely to get osteoporosis? 174
- Types of osteoporosis 174
- Male osteoporosis 175
- Men vs women in osteoporosis 175
- Interesting facts about male osteoporosis 175
- Clinical presentation in osteoporosis 176
- Interesting facts in osteoporosis fracture 176
- Mode of fractures 177
- Ways and means to corner this disease (by way of prevention and treatment) 178
- Role of prevention in osteoporosis 178
- The prevention program 179
- Calcium (the bone mineral) 179
- Role of calcium in the body 179
- Foods rich in calcium (calcium friendly diets) 180
- Food, which needs to be avoided (calcium unfriendly diets) 180
- Calcium supplements (diet calcium vs drug calcium) 180
- Role of vitamin D 180
- How to acquire vitamin D for our use? 181
- Vitamin D analogues 181
- Role of exercises in the prevention of osteoporosis 181
- What does exercise do? 182
- Recommended exercise for different age groups 182
- Role of estrogen and HRT in preventing osteoporosis 182
- Mode of administration in HRT 183
- Some of the vital facts regarding HRT 183
- About estrogen replacement therapy in women 183
- Non-hormonal drugs 183



169

- Newer agents used in osteoporosis prevention 184
- Anti-fall measures 184
- Other important preventive measures 185
- How to detect osteoporosis? (Investigations) 186
- Role of X-ray in osteoporosis: X-ray changes seen are 186
- BMD tests, the target group 187
- Interpretation of the BMD tests 187
- CT scan and MRI scans 187
- Importance of early detection 187
- Treatment of osteoporosis 188
- Multipronged approach in osteoporosis treatment (without fractures) 188
- Role of fluorides in the treatment of osteoporosis 190
- Measures to control pain due to osteoporosis 191
- Management of osteoporosis with fractures 192
- Measures in specific fractures in osteoporosis 192
- Role of correct postures in the management of osteoporosis 194
- Getting up from the bed, the correct way 194
- Sitting the right way 195
- Standing the right way 195
- The right way to walk and climb 196
- The right way to lift weights or any objects from the ground 196
- The right way to turn around (know that twisting is hazardous) 197
- What you should do while coughing or sneezing? 197
- Precautions while pulling or pushing 197
- The right technique of sleeping 197
- Exercises recommended for an osteoporosis patient 198
- Standing exercises 198
- Sitting exercises 200
- Prone lying exercises 200
- Side lying exercises 201
- Exercises to strengthen the pelvic floor muscles 202
- Role of Ebnezar's Integrated Therapy (EIH Therapy) in osteoporosis 202

Section 5: Shoulder Pain

12. Introduction

- Frequencies 207
- Know your shoulder 208



207

Structure and function of the shoulder joint 208
 Functions of your shoulder 209

13. Common Shoulder Problems 211

Introduction 211
 Know the conditions afflicting the shoulder joint:
 Uncommon shoulder problems 211
 Common shoulder problems 211
 Remedy 214
 Presentation 216
 Goals of treatment 217
 Treatment methodologies 217
 Drug treatment 218
 Physiotherapy 218
 Alternate therapies 219
 You as your own doctor 220
 Shoulder specific exercises 220
 The unholy nexus between diabetes and
 frozen shoulder 224
 Anil Kumble and rotator cuff tear 225
 Types of rotator cuff problems 226
 How to detect the rotator cuff tears? 226
 Investigations 226
 Treatment 227
 Shoulder pain in special situations 229
 Common shoulder pain due to RSI means “repetitive
 stress injury” in computer professionals 229
 Shoulder pain in school children 229
 Measures a child needs to follow 231
 EIHT (Ebnezar’s Integrated Holistic Therapy) for
 chronic shoulder pain 231

Section 6: Elbow Pain



14. Common Elbow Problems 235

Tennis elbow 235
 Causes 235
 Presentation 238
 Investigations 238
 Surgical release of the common extensor origin 239
 Surgical treatment in tennis elbow when? 239
 Elbow specific exercises 240
 Ergonomics 241
 Golfer’s elbow (the medial epicondylitis) 242
 Student’s elbow (also called a miner’s elbow) 243

Presentation 243
 Treatment 244
 Pain inside the elbow (due to osteoarthritis) 244
 Pulled elbow 244
 Remedy 244
 Common elbow fractures in children 244
 Author’s method of treatment 245
 EIHT (Ebnezar’s Integrated Holistic Therapy) for
 chronic elbow pain [Tennis elbow] 246

Section 7: Wrist Pain



15. Common Wrist Problems 251

Ganglion (localised wrist swelling) 251
 Remedy 251
 Common wrist pain 252
 Dequervain’s disease (restricted to the outer
 wrist only) 252
 Self test 252
 Remedy 252
 Osteoarthritis (pain inside the wrist) 253
 Remedy 253
 Carpal tunnel syndrome (wrist tunnel crowding) 253
 Presentation 253
 Remedy 254
 Common wrist fracture (called the Colles fracture) 255
 Treatment 255
 What the doctor can do for you? 255

Section 8: Hand Pain



16. Common Hand Problems 261

Rheumatoid hand (RA) (generalised finger
 pains) 261
 Remedy 261
 Osteoarthritis (finger pain due to ageing) 262
 Trigger fingers 263
 Reasons 263
 Remedy 264
 Self-management techniques for rheumatoid and
 other forms of arthritis like osteoarthritis 264
 Ten self-help techniques 264

Section 9: Foot Pain



17. Introduction and the Basics of the Foot	269	Managing common foot pain 291	
18. Structure of the Foot	270	EIHT (Ebnezar's Integrated Holistic Therapy) for chronic foot pain 292	
Your foot bones 270		23. Common Forefoot Problems	294
Important foot joints 271		Morton's neuroma 294	
The arches of your foot 272		Remedies 295	
Your feet are not flat but have two important arches 272		Hallux valgus deformity 295	
Types of arches 272		Problems due to this deformity 295	
19. Functions of the Foot	273	Remedies 296	
Transmission of your body weight 273		Certain simple measures which you can employ yourself 296	
20. All About Footwears	276	24. Uncommon General Foot Problems	297
Proper footwears 276		Flat feet 297	
Improper footwears 276		Reasons 297	
Know what improper footwears can do to your foot? 277		Presentation 298	
21. Foot Problems	278	Remedies 298	
Uncommon foot problems (these are due to diseases of the foot) 278		High arched feet (called the pes cavus) 298	
Your daily foot misadventures 278		Reasons 299	
Professions vulnerable for problems 279		Remedies 299	
Common foot problems (these are due to foot abuses we indulge in everyday) 280		Simple non-surgical methods 299	
22. Common Hindfoot Problems	281	Surgical correction 299	
Heel pain 281		Common birth disorder of the foot (clubfoot) 300	
Importance beneath the heel conditions 281		Presentation 300	
Important heel conditions behind the heel 284		Simple measures which can be undertaken by a mother 301	
Methodologies of treatment for heel pain 285		Foot manipulation and bracing preferably by the mother 301	
Goals of treatment 285		Ankle sprain 302	
See what the doctor can do for you 285		Know about your ankle joint 302	
Surgical techniques 287		Mechanism of ankle sprain 302	
You as your own doctor 287		What to do if you sprain your ankle? 303	
Preventive measures 287		Important miscellaneous foot conditions 305	
Definitive curative measures 288		Diabetic foot 305	
Role of supportive therapy 291		Remedial measures 305	
Certain precautions you need to follow as a matter of routine 291		25. Prevention of Common Foot Problems	306
		Things to do while buying shoes 308	
		Follow these tips to keep your foot fit and healthy 309	
		<i>Index</i>	311