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THE AGING FOOT AND ITS ROLE AS THE FOUNDATION FOR HEALTHY AGING

By the age of 50 our feet have carried us an average of 75,000 miles. Research shows that the quality of life as we age is directly related to our ability to stay active. Foot pain, acquired foot deformities and the fear of falling are significant factors that limit activity in older people. Common age-related changes to the foot increase the risk of injury and falls. Even something as simple as finding a comfortable shoe can be problematic due to age-related changes of the foot. Based on a thorough review of the most recent peer-reviewed literature, this lecture will discuss how the foot changes with age and how to address the most common causes of foot problems through exercise, footwear changes and balance training.

Biography

Paul Langer is a board certified podiatrist in practice with Twin Cities Orthopedics in Minneapolis. He is an adjunct clinical faculty member at the University of Minnesota Medical School and a past president of the American Academy of Podiatric Sports Medicine. He has authored Great Feet for Life; Footcare & Footwear for Healthy Aging. Served as an editor of two sports medicine texts and published five peer reviewed articles. He has presented more than forty academic lectures on topics ranging from lower extremity health to footwear and sports medicine.

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