



Your Simple Guide to Happy and Healthy Feet

Dr. Chris J. Milkie

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Passionate about helping people feel better and healthier, Dr. Milkie and his practice, Milwaukee Foot & Ankle Specialists, use cutting-edge technology and treatment options to heal people's foot conditions quickly and often painlessly.

With over 24 years of experience, Dr. Chris Milkie knows all about feet and ankles. The feet are the foundation of the human body, so when there's an issue with the feet, it can easily cause issues throughout the entire body.

In this book, you will learn:

- What are some of the most common foot problems people have and how are they treated?
- What role do shoes play in foot problems and how can these issues be solved?
- What could happen if someone doesn't see a podiatrist for a foot issue for weeks, months, or even years?
- What are orthotics and why are custom orthotics the best option?
- What are some things that could cause foot problems and how can I properly take care of my feet to avoid certain conditions?
- Are exams and treatments covered by insurance?
- What are some specific foot problems that people can have that need treatment from a podiatrist?
- When is surgery necessary to correct foot problems?
- What role does circulation play in the health of someone's feet?
- What symptoms should someone watch out for to determine whether they need to see a podiatrist?

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