



Central Coast  
Local Health District

## Healthy Bites Episode 15 –What do feet have to do with losing balance?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

Most people think of poor balance being associated with ear issues, medications or medical conditions such as low blood pressure, not your feet.

But most people don't realise just how much information we get from our feet that is crucial for our balance. When the structure of our feet is out, it can cause muscles, ligaments, tendons and nerves to function incorrectly.

The mechanoreceptors, or balance nerves, are responsible for our balance. They send messages to the brain letting us know how our feet are working and where they are in relation to the objects around us. Not getting this feedback can reduce our balance and put us at greater risk of a fall. A sign that these balance nerves are not working well is if we frequently trip over small bumps on the ground, like a lifted foot path edge, or when walking up steps.

The best way to resolve foot dysfunction and therefore improve your balance, is to diagnose and address the underlying cause as early as possible. Often this can be linked to feet which are out of alignment, and that's where podiatrists can help.

So, see your local podiatrist regularly to keep your feet smiling!