



Survey says: Sixty-five percent of people with foot pain also have back pain. We'd say they're related.

Feet of strength

Annoying foot issues can create imbalances elsewhere in your body and make your life miserable. Here's how to identify them and get back on your feet. **By Lara Rosenbaum**

YOUR BACK PAIN MAY NOT BE THE RESULT OF weak abs or that extra set of deadlifts you insisted on cranking out. Instead, it could be coming from your feet of all places. As the foundation for your entire body, even the slightest issue with your feet can create a ripple effect, manifesting as joint stress, back pain, or simply a kink in your alignment that makes you more prone to injuries in your workouts. (According to a recent survey conducted by the American Podiatric Medical Association, 65% of folks with foot pain have back pain, too.) ¶ We talked to New York City podiatrist Pushpa Chauhan, D.P.M., and Golden Harper, a world-record marathoner and the founder of Altra footwear, about the common foot problems that could be royally screwing up the rest of your body—and how to fix them.