

Mayo Clinic's Medical Edge
Magnets for Foot Pain

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	AT LUNCH, SHARON RYG LIKES TO GET SOME EXERCISE WITH A FEW LAPS AROUND THE OFFICE. BUT THAT HAD TO STOP WHEN SHARON'S FEET STARTED TO HURT ...
Sharon Ryg, patient	"IT WAS MAINLY THE HEEL OF THE FOOT."
	MAYO CLINIC DR. MARK WINEMILLER SAYS FOOT PAIN IS VERY COMMON.
Mark Winemiller, M.D.	"FOOT PAIN IS ONE OF THOSE THINGS. WEAR AND TEAR... GRAVITY HAPPENS. WE HAVE TO

	DEAL WITH IT.”
	SO DR. WINEMILLER DID A STUDY TO SEE IF THE MAGNETIC INSOLES YOU CAN BUY, HELP REDUCE FOOT PAIN. SHARON WAS PUT IN ONE OF TWO GROUPS: ONE THAT WORE MAGNETIC INSOLES AND ONE THAT WORE IDENTICAL NON-MAGNETIC ONES. AFTER EIGHT WEEKS, SHARON’S FEET...
Sharon	“WERE PROBABLY 90 TO 100-PERCENT BETTER.”
	BUT SHARON WORE THE NON-MAGNETIC INSOLES. IN FACT, BOTH GROUPS REPORTED THE SAME DEGREE OF PAIN RELIEF. SHARONS’ PAIN LIKELY IMPROVED ON ITS OWN, AND THE CUSHIONING OF THE INSOLES. NOW SHE’S BACK TO LUNCHTIME LAPS AT THE OFFICE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.