

# jazzercise

## Tingling Feet

Have you ever had this happen or heard about it from an exasperated student? It's the middle of the aerobic segment. Everything is pumpin' except your feet. They've "taken 5" and are fast asleep. What's happening?

Your first inclination is to blame it on the shoes. They may be brand new or laced too tightly. Maybe your socks are too thick. Or...what?

New shoes, tight shoes and thick socks are all possible explanations for feet falling asleep during class. However, there is another possible cause to add to the list - nerve compression.

Mild, short-term pressure on nerves in the forefoot can result in a tingling sensation or numbness which resolves itself soon after the exercise session ends or the compression ceases.

In terms of Jazzercise class... this makes sense, given the likelihood that most people's feet begin to snooze as the impact forces increase on the forefoot during the higher intensity routines. The feet then miraculously awaken when the intensity drops and the impact changes from "on-the-toes" to full foot landing.

So, if you happen to fall victim to a case of tingling tootsies:

- Wear shoes that provide ample width at the toe box and have shock absorbing inserts.
- Avoid dancing on-the-toes and aim for a full footed, toe-ball-heel landing.
- Loosen your shoelaces.

If your feet continue to snooze while you boogie or you experience significant pain in your forefoot, check with your doctor. There are at least seven nerve entrapment problems that have been seen in active exercise enthusiasts. Repeated episodes of forefoot numbness might lead to chronic inflammation and more serious problems. (Physician and Sportsmedicine. February, 1993.)