



Town of Estes Park Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter)

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## **The human foot: an evolutionary marvel**

### **Dr. Scott Taylor, DPM, to offer free program**

The foot is an evolutionary marvel, capable of handling hundreds of tons of force — your weight in motion — every day. Dr. Scott Taylor, DPM, will present a free program on Wednesday, April 22 from 1:00 to 2:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. Drop in, no registration required. This program is sponsored by the Estes Park Medical Center.

Dr. Taylor will discuss the many types of common foot problems, including the types, diagnosis and treatment. The foot can also indicate other serious problems that come as a result of poor circulation, diabetes, or injury.

The human foot has 42 muscles, 26 bones, 33 joints, and at least 50 ligaments and tendons made of strong fibrous tissues to keep all the moving parts together, plus 250,000 sweat glands. The foot's countless parts, including the toes, heel, and ball, work in harmony to get you from one place to another. But the stress of carrying you around puts your feet at high risk of injury, more so than other parts of your body.

Dr. Taylor joined Estes Park Medical Center in January of 2010. He received his Bachelor's Degree in Psychology from the University of Reno, as well as a Bachelor's Degree in Environmental, Population, and Organismic Biology from the University of Colorado, Boulder, Colorado. He obtained his Doctor of Podiatric Medicine from the California College of Podiatric Medicine in San Francisco, California and completed his residency at Phoenix Baptist Hospital in Phoenix, Arizona. Dr. Taylor is board certified by the American Board of Podiatric Medicine. He is an avid runner, swimmer, and cyclist and competes in marathons and Ironman distance triathlons. He is a five star finisher of the prestigious World Major Marathon series (one of 40+ registered Americans to have finished NYC, Boston, Chicago, London and Berlin Marathons).

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Services website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org)

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