

Chapter One Preview: What Is Drop Foot?

From Braced Not Broken: A Beginner's Guide to Life With Drop Foot

Drop foot is not a disease. It is a symptom that changes everything. One day your body moves without thought, the next your foot drags and the world feels tilted. The doctor gives it a name, but not a map. You leave the office with a brace, not a plan. This chapter is where that silence ends. It explains in real words what is happening to your body, why your foot will not lift, what nerves are involved, and why none of this is your fault. It also digs into the part nobody prepares you for, the emotional weight. The grief of losing your old walk. The sting of the stares. The quiet loneliness of feeling unseen. You will learn what dorsiflexion weakness means, the common causes of foot drop, and why it is not just physical, it is deeply personal. Because you are not broken, you are adapting. You are learning to move differently, think differently, and live differently. This first chapter is the heartbeat of Braced Not Broken and of AFDA's mission to make sure no one faces this diagnosis in the dark.

Visit www.footdropassociation.org for tools, community, and support.