

Dr. Hope Jacoby Raises Awareness About “Hidden Mobility Loss” in Adults Over 40

Dr. Hope Jacoby, a podiatrist in the Dallas–Fort Worth area, is encouraging adults over 40 to pay closer attention to small foot and ankle problems that quietly reduce mobility, balance, and independence over time.



Dallas, Texas Jun 4, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Hope Jacoby, a Doctor of Podiatric Medicine and owner of Texas Wound Pros and Foot and Ankle Pros, is raising awareness about what she calls “hidden mobility loss” — the gradual decline in movement and stability caused by untreated foot and ankle issues.

According to Dr. Jacoby, many adults over 40 adjust to pain slowly without realizing how much their daily movement has changed.

“People don’t usually wake up one day unable to move comfortably,” says Dr. Jacoby. “It often happens gradually. They stop walking as much. They avoid stairs. They limit activity without fully noticing it.”

Foot pain, chronic stiffness, ankle instability, and untreated injuries can slowly affect posture, balance, and physical confidence. Over time, these small adjustments may contribute to larger mobility problems.

Research from the CDC shows that nearly 1 in 4 adults in the United States experiences chronic pain, while mobility limitations increase significantly after age 40. Falls remain one of the leading causes of injury among older adults, with balance and lower extremity weakness playing a major role.

Dr. Jacoby believes foot health is often overlooked because people normalize discomfort.

“Many adults think pain is just part of getting older,” she explains. “But persistent pain changes how people move, and eventually that affects independence and quality of life.”

Her practice regularly sees patients who delayed treatment for years after assuming symptoms were minor.

“Sometimes it starts with avoiding long walks or feeling unstable during exercise,” she says. “Then activity decreases, strength declines, and mobility becomes harder to regain.”

Dr. Jacoby’s background in sports medicine continues to shape how she approaches patient care. Before becoming a podiatrist, she worked as a student athletic trainer for the University of Florida football program during its 2006 National Championship season and later gained experience in the Los Angeles Dodgers’ minor league system.

“In athletics, small movement changes are noticed immediately because performance depends on it,” she says. “In everyday life, people tend to ignore those changes until the problem becomes much bigger.”

She believes prevention starts with awareness and consistency rather than dramatic changes.

“Mobility is something people assume will always be there,” says Dr. Jacoby. “But maintaining it requires attention, especially as we age.”

Dr. Jacoby encourages adults to pay attention to recurring foot fatigue, instability, numbness, swelling, or reduced activity tolerance. She also recommends supportive footwear, regular movement, and earlier

evaluation when symptoms persist.

According to the National Council on Aging, falls result in more than 3 million emergency room visits among older adults every year. Studies also show that reduced mobility is closely linked to social isolation, lower physical activity, and declining overall health.

“Movement affects more than fitness,” Dr. Jacoby says. “It affects confidence, independence, and daily life.”

She hopes the conversation around mobility becomes more proactive in the years ahead, especially as the population continues to age and remain active later in life.

“People are living longer and staying active longer,” she says. “The goal should not just be longevity. It should be maintaining quality of movement and independence for as long as possible.”

About Dr. Hope Jacoby

Dr. Hope Jacoby is a Doctor of Podiatric Medicine specializing in advanced wound care and foot and ankle surgery in the Dallas–Fort Worth area. She is the owner of Texas Wound Pros and Foot and Ankle Pros, where she treats chronic wounds, diabetic foot conditions, traumatic injuries, and complex lower extremity issues. Dr. Jacoby completed her surgical residency at West Houston Medical Center, where she served as Chief Resident, and continues to focus on restoring mobility and improving long-term patient outcomes.

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