

Monthly Newsletter

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Osteoporosis

Osteoporosis is a process that causes bones to become weak and brittle, thus making them susceptible to fractures.

Osteoporosis involves bone demineralization. Even mild force or stress can cause the bone to fracture, most commonly affecting bones of spine, hips and wrists. Females are somewhat more likely to get affected by osteoporosis, which leads to low bone mass and density.

Fractures caused by osteoporosis can affect several bones, including those on your foot. Osteoporosis of the foot may not in itself cause a lot of foot pain, however people with osteoporosis may report increased incidences of secondary foot problems.

Bones of our body are in a recurring state of renewal. In osteoporosis, this process is altered as bone demineralization overtakes bone formation. This results in weakened bones that can sometimes fracture more easily than anticipated. Osteoporosis of the foot, for instance, may lead to more frequent fractures of the long bones (metatarsals) of the foot.

Osteoporosis may manifest as bone thinning and washed out appearances on radiographs and bone density scans. The primary diagnostic technique for osteoporosis is the assessment of bone density via "DEXA Scan". This method can both be used to diagnose the problem and predict the effectiveness of treatment among individuals.

Oh No!!

*In July, we had **16** patients that failed to attend their appointment!*

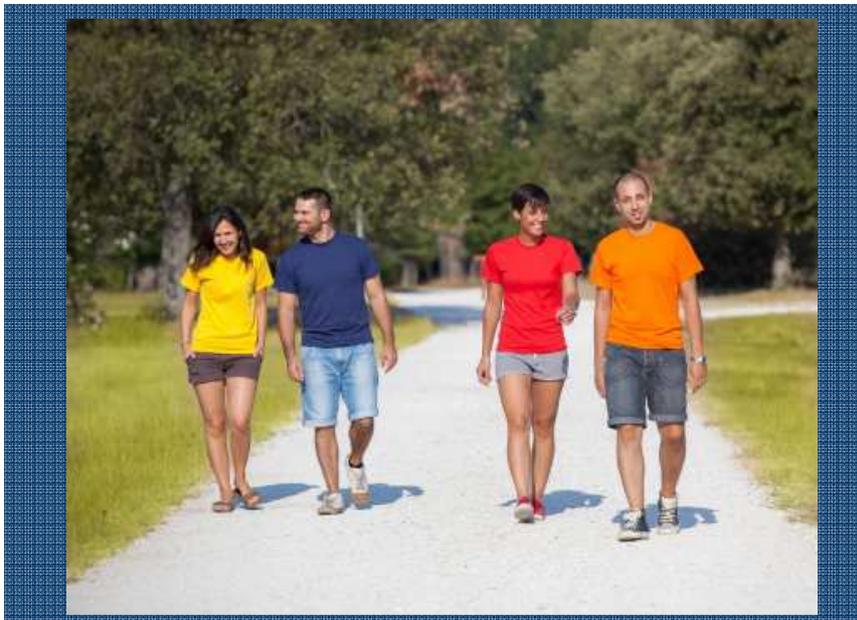


Osteoporosis

(Cont'd from previous page)

There are several risk factors that predispose an individual to suffer from osteoporosis. The most important ones include higher age causing natural decline in bone density, low level of certain hormones in the body which otherwise play a vital role in keeping the bones healthy, dietary factors, inactive lifestyle and certain medications such as steroids.

Bone pains (including foot pain) can be an alarming sign of osteoporosis. If you ever experience any problems, don't forget to consult your medical practitioners!



Foot Care for Active People

Your feet are essential parts of the body that help transport you in various ways and consequently demand meticulous attention. Foot care includes a wide array of steps and measures that should be taken in order to maintain your feet health. From good hygiene, avoiding trauma, and walking steadily to selecting appropriate footwear, there are many considerations in proper foot care.

Appropriate footwear

Inappropriate footwear is a major cause of running injuries. Using proper running shoes can help prevent such conditions. Wear comfortable, well-fitting and supportive running shoes.

Do not wear worn out shoes - replace your running shoes after about 450-500 miles. Orthotic shoe inserts should be used especially by people with flat feet, high-arched feet, unstable ankles, or other foot problems.

Foot Care for Active People (cont'd from previous page)

Running/Walking surface

Select a suitable running/ walking surface that does not put an additional strain on your body. Soft, flat ground is usually gentler on the body than pavement or hills. Track surfaces and cross-country surface are considered ideal for running. Varying your route or direction is also considered good practice.

Stretching

Stretching is an important component of any exercise and training. This is especially if you

have stiffness in particular muscles such as the calf, quadriceps and hamstrings.

Static stretching before running should be avoided. Stretching should always be done after warm up when muscles are warm or at the end of workout. However, immediately stretching after long runs should never be done. Stretching should be consistent, comfortable and relaxing but never forceful and painful.



Incorporate Strength Training

Strength training is essential to enhance natural resistance to injury and it prepares your body for training by keeping it stable. Core muscles and hip muscles need proper strengthening and the result is boosted stability.

To become a strong and injury free athlete, perform exercises to improve your strength and flexibility. Core exercises, exercises for lower extremity stability and strength should be added to your running program. Work regularly on strength and balance (called proprioception) of the ankle.

Adequate Sleep and Nutrition

Sleep is critical for physiological growth and repair. It is advised that physically active individuals should sleep for about 8 to 9.5 hours each night. Sleep deprivation can compromise cardiovascular performance and can halt your natural physical abilities.

Consume a proper diet and pay special attention to post-exercise food. Stay hydrated. In cases of vigorous training sessions, include electrolytes in your diet to prevent electrolyte disturbances. When it comes to nutrition, remember the principles of balance, quality and variety!

Foot Care for Active People (cont'd from previous page)

Pay attention to Injury

Many severe injuries stem from a previous injury. Never walk in pain and pay proper attention to even mild forms of foot injury. Pain and swelling should be dealt with quickly. Discontinue exercise for adequate periods to ensure proper healing. Seek prompt medical attention in case of severe injuries, limitation and disability.

Following an exercise injury, you need to include recovery techniques. Use equipment such as Bio-foam rollers and massage sticks. If in doubt, always remember to consult your podiatrist about ways to manage recovery from a foot injury!

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*The Care,
Professionalism and
Time that your feet
deserve*

The Footcare
CENTRE

Upcoming Events

29th - 30th Aug - Practice Closed for carpet re-fitting.

4th Sept - New Podiatrist Steven Castillo Pinel start's.

29th - 30th Sept – David Good attends conference in Ireland.

16-18th Nov- Practice Closed as all podiatrists attend Society Conference in Liverpool.

Tristan White to visit
The Footcare Centre
– Niagara Falls 26th
October



For further details with anything discussed in this newsletter please talk to your Podiatrist.

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