

Monthly Newsletter

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Contact Your Podiatrists

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Tarsal Coalition

Tarsal coalition is an irregular connection forming between two tarsal bones in the foot. This connection includes cartilage, bone or fibrous tissue which causes limited motion and pain.

Causes

Generally, tarsal coalition arises during fetal growth which causes individual bones to form incorrectly. Other causes include arthritis, infection or previous trauma to the site.

Signs

Although many individuals are born with the condition, the signs do not arise until the bones mature, usually around 9-16 years old. Oftentimes, there are no signs present during childhood.

Nevertheless, the pain and other symptoms might arise later in life.

The usual include one or several of the following:

- Tired legs
- Pain while standing or walking
- Flat foot
- Muscle spasms in the leg which causes the foot to turn outwards while walking
- Limping
- Foot and ankle stiffness

Management

The objective of conservative treatment for tarsal coalition is to lessen the symptoms and limit movement of the affected joint.

One or several measures might be used:

- Oral drugs such as non-steroidal anti-inflammatory drugs (NSAIDs) to lessen the pain and inflammation

Oh No!!

In March, we had 9 patients that failed to attend their appointment!



Tarsal Coalition

(Cont'd from previous page)

- Physical therapy including massage, ultrasound therapy and range of motion exercises
- Steroid injections into the joint
- Orthotic devices to distribute the weight away from the joint, limiting motion and reducing pain
- Immobilization to allow the area to rest using a cast, cast boot or crutches
- Anesthetic agent to relax the spasms before immobilization

Surgical Intervention

In case the symptoms cannot be relieved with conservative measures, your podiatrist might suggest surgery. The most suitable approach would be chosen based on age, condition and activity level of the individual as well as any arthritic changes.



Ankle Sprains

Ankle sprains are very painful and can prevent us from performing our daily activities. They occur when the ligaments that support the ankle stretch beyond their limits and sometimes tear.

These injuries can occur at any age and they can range from mild to severe. Minor injuries can heal with home treatments, such as ice and rest, but if the injury is very painful and your ankle gets swollen, you will need to see a medical professional for evaluation.

If you do not receive proper rehabilitation in severe cases, your ankle could weaken, which could lead to other problems, such as arthritis, chronic ankle pain and instability. You will also be more prone to injuring your ankle again.

Ankle Sprains (Cont'd from previous page)

Ankle sprains can happen during sports events, while running or walking, or even if you place your foot awkwardly when going down the stairs at home.

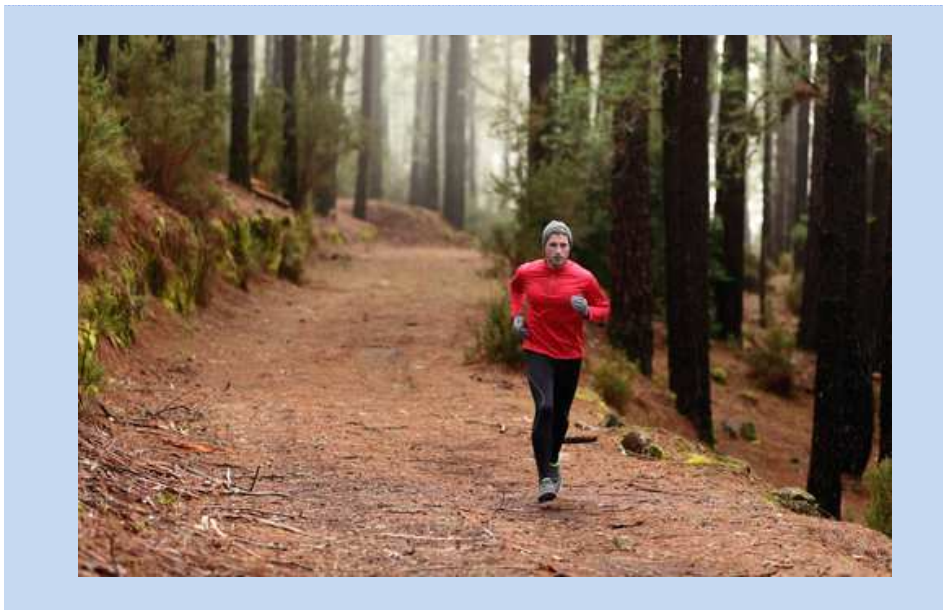
Common Ankle Sprains

The majority of these injuries occur in the lateral ligaments on the outside of the ankle. They can range from tiny tears to complete tears of the ligament's tissues.

In the case of a complete tear, if not addressed properly, it can develop into further damage to the bones and cartilage that are part of the ankle joint.

Symptoms

Inflammation can occur in the area of the injury. Generally, the worse the sprain, the more the joint will inflame.



Pain will be present since the nerves will be more sensitive, and the area might turn red and warm too. Later, bruises may appear.

You can apply ice, rest the sprained ankle by not planting the foot on the floor and take over-the-counter pain medications and the injury will heal.

Nevertheless, if the condition does not improve within 5 to 7 days and you have a great amount of pain when trying to walk, you should see a podiatrist for a more

detailed evaluation.

X-rays and physical evaluation might be performed on your ankle to rule out a bone fracture. The podiatrist could also give you a splint for pain control.

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



Put your best foot forward this Foot Health Month (April)

This April is Foot Health month, a chance to check that our feet are getting the care and attention that they need. We are looking to raise awareness of the importance of good foot health, as part of this campaign from the College of Podiatry.



Foot care is important through all stages of life. For children, it is necessary to take extra care with foot health to avoid problems and deformities in later life, and as we get older, everyday wear and tear can take its strain. Podiatrists are experts in all aspects of the foot and lower limb, who undergo years of specialist training to enable them to diagnose, treat and help people to look after their feet and lower limbs.



To mark Foot Health month please see our leaflets in reception from the college of podiatry, available in the waiting room, please ask at reception if you cannot see them

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Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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