

Monthly Newsletter

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Accepting new patients

Contact Your Podiatrists

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Swimming and Foot Health

Swimming is an excellent full-body workout that offers numerous health benefits. Water's buoyancy reduces impact and stress on the feet, making swimming an ideal workout for those suffering from joint pain and arthritis. This low-impact nature allows for a complete range of motion without placing too much pressure on the feet.

Additionally, swimming enhances cardiovascular health, improves circulation, and can help maintain a healthy weight, all of which indirectly benefit foot health.

With better circulation, nutrients are more efficiently delivered to the cells in our feet, aiding in faster recovery from injury. Swimming can also boost endurance and enhance respiratory function.

Possible Foot Injuries and Conditions

Despite its benefits, swimming can also pose risks to foot health if proper precautions are not taken. Common foot conditions include:

1. **Athlete's Foot:** A fungal infection closely linked to damp environments. Those who swim regularly at public pools or walk bare feet in locker rooms are prone to this. It can cause itching, redness, and peeling skin.
2. **Verrucae:** A growth caused by the human papillomavirus (HPV). Verrucae could develop particularly on the soles of your feet if they frequently come into contact with contaminated surfaces.



Swimming and Foot Health (Cont'd from previous page)

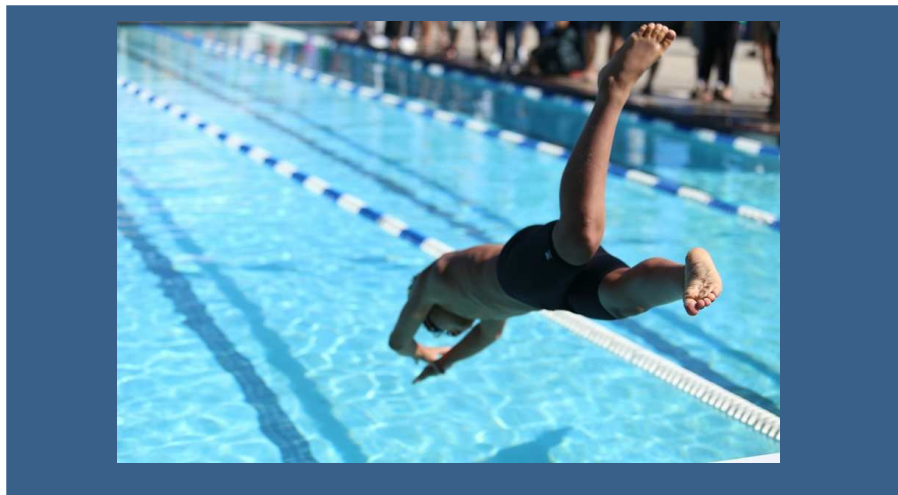
3. Cuts and Abrasions: Swimmers can get cuts or abrasions from rough pool surfaces or by stepping on sharp objects at the seaside.

4. Swimmer's Toe: Also known as subungual hematoma, it involves bleeding under the toenail due to repetitive trauma. It could result from kicking the pool wall or floor.

How to Mitigate Risks of Foot Conditions

1. Wear Water Shoes: Water shoes or swim socks can provide a barrier against cuts, abrasions, and infections

2. Practice Good Hygiene: Always shower before and after swimming to reduce the risk of infections. Be thorough in drying your feet.



3. Use Antifungal Powder: Apply antifungal powder to your feet before wearing swim shoes, and after a swim session

4. Inspect the Swimming Area: Check the pool or water body for hazards, including stones, sharp objects, and slippery surfaces

5. Avoid Walking Barefoot: In public areas, wear sandals or flip-flops to avoid direct contact with the floor

Water-Based Alternatives for Those with Foot Injuries

Several water-based alternatives can provide similar benefits.

1. Water Aerobics: This low-impact exercise involves performing aerobic routines in shallow water

2. Aqua Jogging: Using a buoyancy belt, individuals can jog in deep water without their feet touching the pool floor

3. Hydrotherapy: Often used in rehabilitation, hydrotherapy involves performing exercises in warm water under the guidance of a therapist

Conclusion

Swimming offers numerous health benefits. However, it is essential to be aware of potential foot conditions and adequately protect yourself. Furthermore, water-based alternatives can provide a safe alternative for those with foot injuries. ♦

Foot Flexibility, the Key to Mobility

Why is it Important to Have Flexible Feet?

Foot flexibility is crucial for overall mobility, balance, and athletic performance. Flexible feet can adapt better to different surfaces and movements, reducing the risk of injuries. Here are some reasons why foot flexibility is important:

1. Enhanced Movement: Flexible feet ensure you have a wide range of movements to

perform physical tasks such as walking, running, dancing, and sports.

2. Improved Balance and Stability: Flexible feet contribute to better balance and stability, essential for preventing falls and maintaining proper posture. This is especially important for older adults.



3. Reduced Injury Risk: Flexible feet distribute pressure evenly across the feet, reducing the chances of strains, sprains, and stress fractures.

4. Better Shock Absorption: Flexible feet can absorb impact more effectively, protecting the joints in the legs and spine from excessive stress during high-impact activities.

5. Enhanced Circulation: Stretching and moving the feet regularly can improve blood flow, aid in delivering nutrients and oxygen to foot tissues, and promote overall foot health.

How to Improve Your Feet's Flexibility

Improving foot flexibility requires regular stretches or exercises targeting the foot

tendons, ligaments, and muscles. Here are some methods.

1. Toe Stretches: Sit with your feet flat on the floor. Lift your toes, spreading them as wide as possible, then relax. Repeat this 10-15 times.

2. Toe Curls: Place a towel on the floor. Use your toes to "grab" the towel and bring it close to you. This exercise strengthens the muscles in the toes and the foot arch.

3. Heel Raises: While sitting with your feet shoulder-width apart and knees bent, lift your heels off the floor, resting on your toes. Then lower back down. Do 10-15 repetitions to improve ankle flexibility.

Foot Flexibility, the Key to Mobility (Cont'd from previous page)

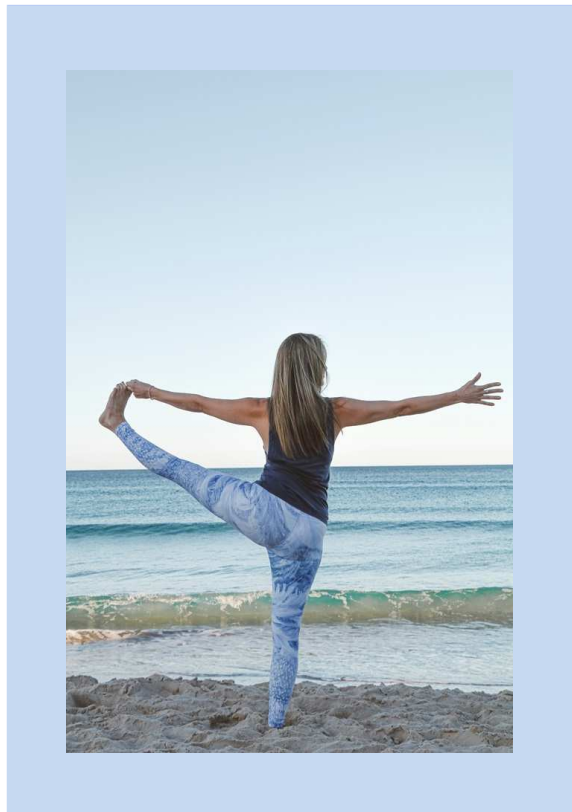
4. Ankle Circles: Sit or lie down and lift one leg. Rotate your ankle in circles, first clockwise and then counterclockwise. Do 10-15 circles in each direction for each foot.

5. Plantar Fascia Stretch: While seated, place one foot over the opposite knee. Pull your toes inwards until you feel a stretch in the arch of your foot. Hold for up to 30 seconds and repeat 2-3 times for each foot.

6. Marble Pickup: Place several marbles on the floor. Use your toes to pick them up, one at a time, and place them in a container. This exercise enhances dexterity in the toes.

Precautions

While working on foot flexibility, work within your limitations, taking precautions is essential to avoid injury and setbacks. Ask your foot specialist for advice before you start for extra guidance.



1. Avoid Overstretching: Stretching too aggressively can cause injuries to the muscles, tendons, and ligaments. Always stretch gently and gradually increase the intensity.

2. Warm-Up: Before performing flexibility exercises, warm up your feet with light activity such as walking or gentle foot movements

3. Proper Footwear: Wearing shoes that are too tight or lack the correct support for you can negatively impact foot flexibility. Ask your Chiropractor what the best shoes for you are.

4. Consistency: Inconsistency in practicing flexibility exercises can lead to minimal improvements. Regular, consistent stretching and exercises are crucial for enhancing flexibility.

5. Avoid High Heels: Regularly wearing high heels can shorten your calf muscles and Achilles tendon, reducing overall flexibility. Limit high-heel use and opt for more supportive footwear.

6. Consult a Professional: If you have existing foot conditions or pain, consult a Podiatrist before starting new exercises!

FOOT MOBILISATION TECHNIQUE...BOOK NOW:

Ask your Chiropractor about Foot Mobilisation Technique. It can help:

- 1) Release joint restrictions in hypomobile joints
- 2) stimulate synovial fluid in helping arthritic joints
- 3) Provide pain relief through neuropathological stimuli

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

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



The Seas of Change

Change can be a good thing – particularly in clinical fields. Things are evolving all the time, technologies move on, new research is published, and new techniques evolve. With that, podiatrists retire leaving room for the next generation of clinician. Indeed, this is what happened when Stuart Berry, Clinical Director, assisted by Des Armstrong, Practice Director took over The Footcare Centre in Weybridge, UK from the incumbent podiatrist all those years ago.



Stuart and Des are now pleased to announce that The Footcare Centre in Weybridge, Surrey in the UK will now be taken over by a new Clinical Director and Podiatrist: Anuj Soni.

Stuart assisted by Des continues to owner-manage the services and the team, at their office in Niagara Falls in Canada.

Meanwhile, Anuj now takes the helm in Weybridge, Surrey, UK as he commences to lead the practice forward.

The teams in the Weybridge, UK and Niagara Falls, Ontario congratulate Anuj on his new role and thank the support of our patient's as we celebrate in the success of The Footcare Centre.

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