

Monthly Newsletter

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Contact Your Podiatrists

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Lisfranc Fractures

A Lisfranc fracture arises if there is tearing of the ligaments or joint damage in the midfoot area in one or both feet.

The midfoot includes the arch where the forefoot and hindfoot connect. The midfoot includes the Lisfranc joint and ligaments which can be damaged. The injury can range from mild to severe depending on how the individual sustains an injury.

What are the symptoms?

The signs of a Lisfranc fracture are based on the severity of the injury. The usual signs include swelling and tenderness at the site and top of the foot. There is also discomfort that worsens while walking or standing.

Bruising also manifests on both the top and bottom of the foot. This is a main characteristic of the injury.

There may also be a visible palpable deformity in the area of

the fracture.

What are the causes?

Various injuries can cause a Lisfranc fracture. The injury typically arises if a person twists his or her foot while falling. Nevertheless, if the foot endures damage while flexing downward this injury may also occur.

Direct damage can result in a severe form of Lisfranc fracture. Falls from a great height can result in fractures that require extensive treatment.

Management of a Lisfranc fracture

The treatment of Lisfranc fracture is based on the seriousness of the injury. For a mild case, the treatment is similar for a sprain such as ice, rest and elevation. Medical professionals also recommend crutches to ease the pain while walking or standing.

Oh No!!

In November, we had 10 patients that failed to attend their appointment!



Lisfranc Fractures

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As for severe injuries, your specialist will usually place a cast which is worn for up to 6 weeks. Treatment involves follow-up monitoring along with X-rays to see if there is improvement and to check if surgery is necessary.

A severe case of Lisfranc fracture requires surgery, specifically internal fixation. The

procedure involves repositioning of the foot, which is secured in place with plates or screws to promote healing.

In some cases, a specialist would suggest fusion treatment, which is less common.



Foot Rashes

Foot rashes have a variety of causes. It is best to see a professional to obtain the right diagnosis. Your podiatrist would determine the root cause and prescribe appropriate treatment(s).

What are the causes?

There are various reasons why foot rashes develop. Some of the common causes include the following:

- Dyes in clothing – the dyes can trigger an adverse reaction in some individuals since

they contain artificial color and preservatives.

- Plants – there are instances in which an individual directly touches poisonous plants such as poison ivy, oak or sumac. Upon contact, these plants smear a substance that triggers skin rashes.

- Products with artificial ingredients – a variety of cosmetics such as soaps, lotions and detergents include various chemicals and additives which may trigger the rashes.

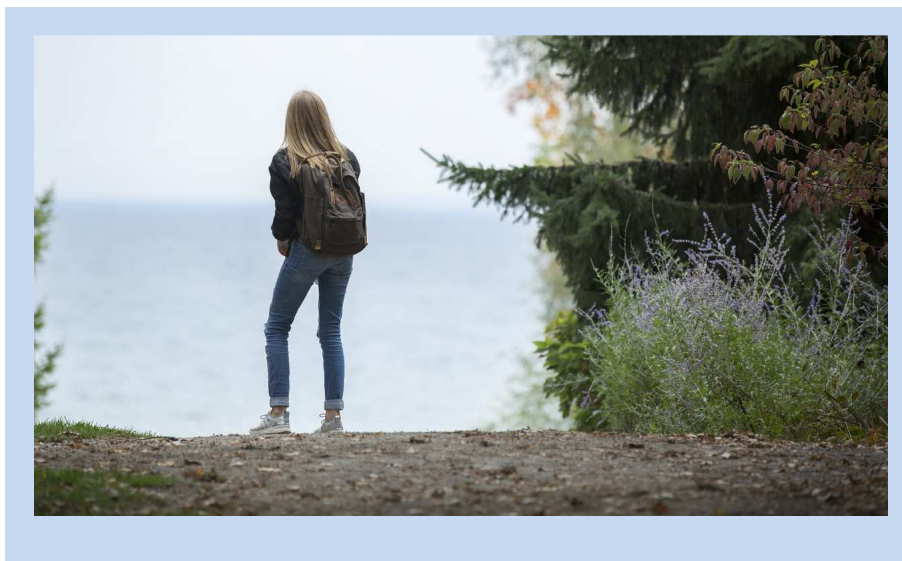
Foot Rashes (cont'd from previous page)

- Medication side effects – certain medications trigger skin rashes.
- Diseases – individuals with asthma or autoimmune diseases can end up with foot rashes.

Remedies

Foot rashes can cause irritation and itchiness. Therefore, it is necessary to provide proper care.

Most cases are minor and eventually subside over time but there are cases due to allergies or medication side effects that necessitate treatment.



Some of the remedies for foot rashes that relieves the discomfort and hasten the healing include the following:

- Calamine lotion – this is a commonly used treatment option for skin rashes. This is an anti-itch lotion that provides a cooling effect as it evaporates.
- Epsom salt soaks – Epsom salts have anti-inflammatory characteristics, helping relieve pain and itching caused by rashes.

- Moisturizers – ensure that the feet are properly moisturized. Avoid using scented moisturizers since they include artificial agents that damage the skin. After applying a moisturizer, use socks if the feet are dry and scaly to preserve the moisture.
- Prescription creams – there may be prescription strength creams available to help treat the rash. Rashes can be fungal, bacterial or due to underlying skin conditions that need specific ingredients / medication to treat.

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

The Footcare
CENTRE

COP Conference 2018 - Bournemouth



All clinicians (David, Tristan and Saffron) with Des and Stuart over from Canada accompanied by their office assistant Bev recently attended the College of Podiatry conference 2018 at Bournemouth International Conference Centre. It was a lovely opportunity to learn, meet suppliers and have fun as a team. In the coming weeks we will be discussing what we each learnt via a blog. For the eagle eyed of you (see picture) that have been coming to the practice for a long while we had a great catch up with Yvette Mann a podiatrist that left us over 13years ago

Xmas Opening Hours

24th December – Closed	25th December – Closed
26th December – Closed	27th December – 08.30 – 17.00
28th December – 08.30 – 16.00	29th December – 08.30 – 13.00
31st December – Closed	1st January – Closed

2nd January – 10.30 – 20.00 Business as Usual.

We would like to wish you all a Merry Christmas



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