

# Monthly Newsletter

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**Accepting new patients**

Contact Your Podiatrists

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## Selecting the Best Winter Boots

Winter is colder than the other seasons of the year.

There is a need for rational selection of boots for your comfort and safety throughout the winter while your fashion and style are maintained. The look and the technical features of winter boots play important roles in selecting a good pair of winter boots.

Apart from temperature rating considerations, you should also look at the height, linings, water resistance, insulation type and traction. Also, your choice of boots may depend on their intended use, including activities such as walking, driving, sports and hiking.

The following guidelines may help in making the right selection of winter boots:

### Appropriate Warmth

A temperature rating is an important point to be considered while choosing winter boots. The temperature rating is a good comparison tool that can be used to choose among many models of winter boots.

It is worth considering that like sleeping bags, different boots will be suited to different temperatures and for different activities.

For example, warmer boots should be worn for activities like snowshoeing and shoveling snow, while higher boots can be used for casual walking and activities that may be mixed indoors and outdoors.



## Selecting the Best Winter Boots (Cont'd from previous page)

Winter boots are usually bulked with a number of liners. These liners are usually removable; as such it can be dried and reinserted. This affects the breathability of the boots. If your feet are sweating, they are wet and if that wetness has nowhere to escape to, you will be left with a cold foot. A boot with good breathability will keep your foot warm without making your foot sweat. If there is any moisture accumulation a

breathable boot will allow for some evaporation.

### Traction and Size of the Boot

The traction of the winter boot should be such that it is not slippery while navigating on icy and slippery ground. Not everyone's feet are the same shape or size, so don't be afraid of trying on many pairs of boots before you find the right fit. There's nothing worse than sitting



with soggy wet socks all day because you can't wear your winter boots without wincing in pain with every step.

### Waterproof and Climate-proof Features

Features that keep the feet dry and warm should be checked. Some boots are rubber which don't allow breathability. Some premium waterproof liners such as GoreTex allow for breathability while maintaining 100% waterproof. ♦

## What Are the Sesamoid Bones?

Sesamoid bones are small and round bones within your tendons. Unlike other bones in the body, sesamoids are not connected directly to other bones but are embedded in tendons to help with mechanical leverage and movement. The most well-known sesamoid bone is the Patella – the knee cap. In the feet, two primary sesamoid bones are found beneath the big toe, specifically within the flexor hallucis brevis tendon. These bones play a crucial role in foot function and mobility.



Sesamoid bones serve several important functions:

**Enhancing Leverage:** Sesamoid bones act as pulleys by being embedded in tendons, increasing the leverage of the muscles that attach to them. This helps generate more force and improve efficiency in movement.

**Reducing Friction:** They help reduce friction and wear between tendons and bones.

**Distributing Pressure:** Sesamoid bones help distribute load when performing physical tasks such as walking, running, and jumping.

**Stabilizing the Toe:** In the feet, sesamoid bones contribute to the stabilization of the big toe, which is essential for proper gait and balance. They help support the toe during activities that involve pushing off the ground.

Several foot conditions can affect the sesamoid bones, such as:-

**Sesamoiditis:** Sesamoiditis is an inflammation of the sesamoid bones and the surrounding tendons. It often results from repetitive stress or overuse, such as running or jumping.

Symptoms may include pain under the big toe joint, swelling, and tenderness.

Treatment for sesamoiditis involves resting the foot, applying ice, and possibly using anti-inflammatory medications. Therapies such as Ultrasound and Low Level Laser can be helpful. Further, wearing cushioned insoles or orthotic devices can reduce pressure on the sesamoid bones. In severe cases, a corticosteroid injection may be necessary.

**Sesamoid Fracture:** A sesamoid fracture occurs when one of the sesamoid bones breaks due to trauma or excessive stress. This type of fracture is often seen in athletes who engage in high-impact activities.

Symptoms include sharp pain under the big toe, swelling, and difficulty bearing weight. Treatment for sesamoid fractures include resting and immobilizing the foot.

## What are the Sesamoid Bones? (Cont'd from previous page)

A special shoe or boot may also be prescribed to reduce pressure on the area. In some cases, surgery may be required to repair the fracture or remove the damaged bone.

**Sesamoid Bone Syndrome:** This syndrome describes a combination of symptoms affecting the sesamoid bones, often related to chronic stress or improper footwear.

Symptoms of this syndrome are persistent pain, swelling, and tenderness under the big toe. Treatment typically involves modifying activities, using supportive footwear, and applying ice. Custom

orthotics can also help alleviate pressure and provide relief.

### *Conclusion*

Sesamoid bones, though small, play a vital role in foot function and comfort. Early diagnosis and follow-up treatment are key to managing sesamoid bone-related issues. If you experience pain or discomfort in the area of the big toe, be sure to consult with us soon! ♦

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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.**



Would you be willing to write a Google review about your experience today? If so, please visit:

<https://goo.gl/rN1MEF>

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

### **Practice closure for Christmas.**

The practice will be closed for the Christmas break from Wednesday 25<sup>th</sup> December and will reopen on Thursday 2<sup>nd</sup> January 2025.

We would like to take this opportunity to wish our patients a Merry Christmas and a Happy New Year!

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