

Monthly Newsletter

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Contact Your Podiatrists

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Corns and Standing

Corns on the feet are a relatively well-known affliction of the foot that occurs essentially when friction on the skin produces an area of hardened skin. There are many things that can make the onset of corns on the feet more likely for patients. For example, wearing shoes that fit too tightly can exacerbate friction and make corns more likely. Additionally, another risk factor that makes corns more likely is standing for too long. Although this might not immediately seem intuitive, individuals who stand for periods of time that are too long ultimately put continuous weight-bearing pressure on their feet. As a result, this pressure can lead to the hardening of skin on the feet.

If you are someone who stands for a large percentage of the day, it is suggested that you contact us today for treatment.

Corns can make walking very painful and should be treated immediately. If you have questions regarding your feet, contact one of our clinicians from The Footcare Centre. Our podiatrists will do everything possible to treat your condition.

Corns: What Are They? And How Do You Get Rid of Them?

Corns are thickened areas on the skin that can become painful. They are caused by excessive pressure and friction on the skin. Corns press into the deeper layers of the skin and are usually round in shape.

Ways to Prevent Corns

There are many ways to get rid of painful corns such as:



Corns and Standing (Cont'd from previous page)

- Wearing properly fitting shoes that have been measured by a professional
- Wearing shoes that are not sharply pointed or have high heels.
- Wearing only shoes that offer support.

Treating Corns

Although most corns slowly disappear when the friction or pressure stops, this isn't always the case. Consult with your podiatrist to determine the best treatment option for your case of corns. ♦



Big Toe Stiffness

Toe stiffness is also known as Hallux Rigidus. This condition occurs in the big toe, where the joint at its base stiffens. Hallux Rigidus is a form of arthritis that can make walking quite painful and laborious. It usually occurs in adults from 30 to 60 years of age.

Causes of Toe Stiffness

Toe stiffness can occur as a result of damage to the cartilage that covers the MTP joint of the toe. When this smooth articular cartilage is damaged, it causes the bone

ends to rub together which can result in bone spur overgrowth (osteophyte) at the base. The growth prevents the bending of the toe, making it stiff. Here are some common ways that the cartilage may become damaged:

- Age-related wear and tear.
- Traumatic injury to the toe with acute or chronic damage to the cartilage.
- Flat feet or bunions exerting stress on the joint.

Toe Stiffness (Cont'd from previous page)

- Genetic factors.

Signs and Symptoms

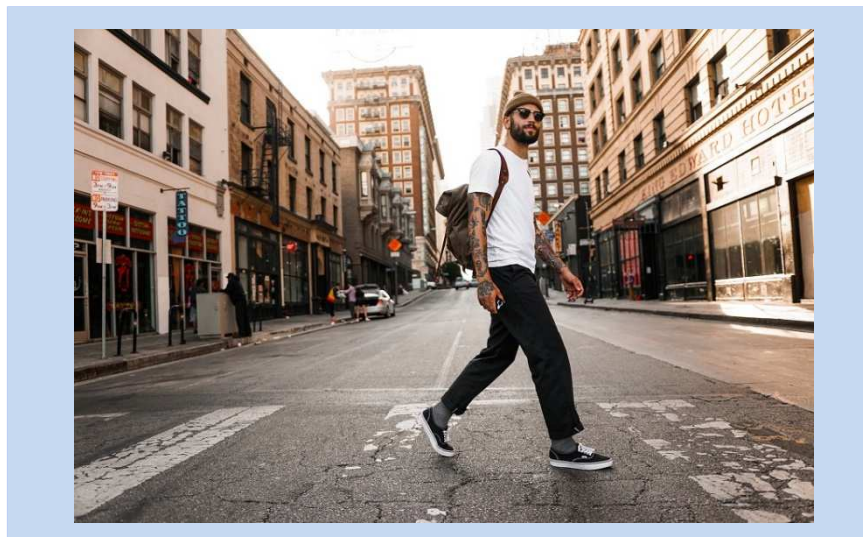
A person with toe stiffness or hallux rigidus can have a combination of the following symptoms.

- Pain and discomfort in the toe joint while walking. The pain is experienced both on the surface and deep within.
- A hard bump can be felt on the top of the foot.

- Redness or swelling and pain when wearing shoes.
- Stiffness and inability to bend the big toe.

Treatment of Toe Stiffness

After confirmation of the cause of toe stiffness through a thorough examination and imaging tests, the treatment can either be non-surgical or surgical.



- Non-Surgical Treatment

Medications like NSAIDs and topical anti-inflammatory drugs can alleviate pain and swelling associated with toe stiffness. Cold and hot water can also be used in alternation to help with mobility and stiffness. Furthermore, modified footwear can be used with a large toe box to prevent further damage and injury.

Corticosteroid injections are another non-surgical treatment option, which may be appropriate. Your Podiatrist may prescribe specific orthotics and / or footwear to facilitate walking over the joint or to reduce

pain when pivoting over the joint. Discuss other conservative treatments with your Podiatrist.

- Surgical Treatment

Before considering surgery, you will benefit from exploring conservative options with your Podiatrist.

Surgical procedures for toe stiffness include Cheilectomy where the bone spurs and a portion of the big toe bone are removed and Arthrodesis where the bones are fused together.

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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*



Toe Stiffness (Cont'd from previous page)

Big toe joint implants are also an option for some patients.

Your surgeon would likely discuss the best option suited to you, your toe and your lifestyle. ♦

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<https://goo.gl/rN1MEF>

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

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