

# Monthly Newsletter



Travel season!

## Have Feet, Will Travel!

It's the holiday season again and many of us will be traveling to visit family and friends or for a winter getaway.

For those who are traveling by road or air, it's important to keep your feet healthy.

Here are some foot care pointers for air travel:

### Drink Plenty of Water

Keep yourself well hydrated before travelling.

### Watch Your Diet!

Before travelling, try not to consume too much salty food and drinks, as the sodium could cause your body to retain fluids, resulting in swollen feet.

### Wear Appropriate Footwear

Be sure to wear comfortable, dry socks and shoes. You may also want to remove your shoes

while travelling for toe exercises and better circulation.

### Store Your Bags

If possible, avoid placing bags around your feet. If you leave your bags on the ground, the space for your legs will be more cramped.

### Walk and Stretch

For long journeys, make sure to get up, walk around and stretch your legs frequently to increase circulation.

This is to prevent deep vein thrombosis, a condition which is caused by blood clots in your leg veins. Some exercises you can do are flexing and extending your ankles, knees and hips.

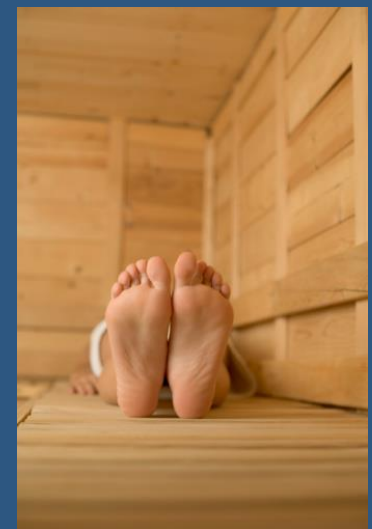
## Latest/ upcoming developments

- See our new flooring in surgery 1.
- New floor arriving in Surgery 2 this month.
- We close for Xmas on Wednesday 24<sup>th</sup> December at 1pm & reopen on Saturday 27<sup>th</sup> December at 08.30am

## Contact Your Podiatrist

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8 Monument Green  
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KT13 8QS  
Tel: 01932 849373

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Keep your feet healthy for your trip!

## Have Feet, Will Travel!

(Cont'd from previous page)



Keep them moving!

### Sitting Posture

Don't cross your legs- this will further reduce circulation to your legs and feet.

### Travel Kit

Ask at reception for **travel socks** for long journeys. It's always a good idea to bring

along a medical kit- some Band-Aid, antiseptic creams and other medication which you may require.

## Tarsal Tunnel Syndrome

The tarsal tunnel is a narrow space that lies on the inside of the ankle next to the ankle bones. The tunnel is covered with a thick ligament (the flexor retinaculum) that protects and maintains the structures contained within the tunnel—arteries, veins, tendons, and nerves. One of these structures is the posterior tibial nerve.

Tarsal tunnel syndrome is a compression, or squeezing, on the posterior tibial nerve that produces symptoms along the path of the nerve running from the inside of the ankle into the foot.

Symptoms of tarsal tunnel syndrome include numbness, pain and tingling or burning sensation at the bottom of the feet and toes.



Dealing with Tarsal Tunnel Syndrome is not easy- talk to us about it!

## Tarsal Tunnel Syndrome

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### Tips for Dealing with Tarsal Tunnel Syndrome

Here is how you can keep your foot healthy and protect it from the numbing effects of TTS!

#### Foot Orthotic Devices

Orthoses can reduce pressure and force loads on the foot, and is a way to deal with tarsal tunnel syndrome. Since there is some kind of nerve irritation in this syndrome, we can help off-load it and reduce further irritation with functional orthoses. Abnormal pronation can place abnormal force and strain on the tibial nerve.

Functional orthoses are commonly prescribed orthotics in cases of TTS. The early stages can start to be managed using such orthotic devices.

#### Calf muscles stretching

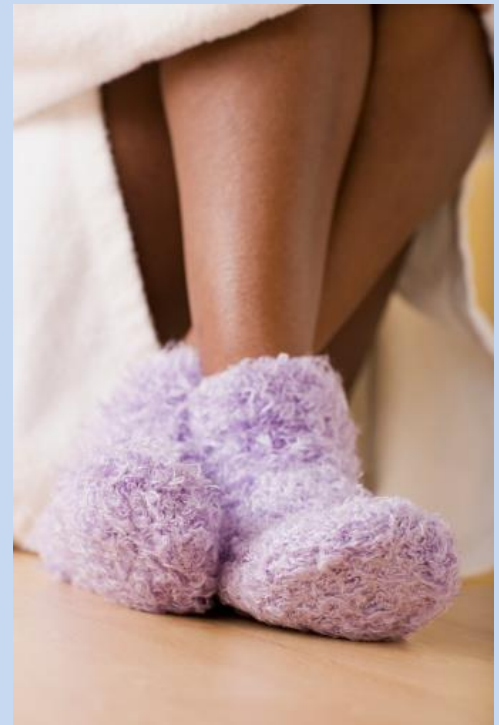
The calf muscles are attached to ankle by means of tendons and stretching of these muscles can relieve the pressure over the ankle area bearing the main nerve.

#### Steroids therapy

If tarsal tunnel syndrome has developed your specialist may undertake cortisone injections to treat the affected nerve.

#### Surgery and expert opinion

In severe conditions, patient can lose feeling in the foot the nerve becomes permanently affected.



Merry Christmas!

You should contact your podiatrist so that your foot condition is assessed properly and relevant measures are taken. Some severe cases require surgery to solve the problem.

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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*



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## Spotlight on..... Barbara Bedford – Receptionist



### **Tell us a little of your history before you joined The Footcare Centre?**

I worked for a construction company as a pension administrator. I have 2 children and 4 grandchildren all taller than me, so I am known as little grandma!

### **How long have you worked at The Footcare Centre?**

I started working here in June 2013 to cover maternity leave and I now fill in on reception for holiday cover.

### **What do you enjoy about working at The Footcare Centre?**

I enjoy meeting the patients, and the varied activities undertaken.

### **What aspect of your job provides you with the most satisfaction?**

That's an easy one! - Seeing the patients come out of a surgery with happy feet.

### **What have you learnt from the patients at The Footcare Centre?**

They like a smile, a chat and a listening ear.

### **What do you enjoy doing when you are not at work?**

I enjoy quilting, knitting, crochet, reading, travelling and life generally especially with my family.

### **So.....what are your feet like?**

My feet are good as being diabetic I have treatment every 7 weeks which ensures any small changes are picked up easily.

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