

# Monthly Newsletter

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## Latest/ upcoming developments

- The Weybridge 10k race is on Sunday 5<sup>th</sup> March and The Footcare Centre are the official time sponsors.
- We welcome Shelagh Shewell to our reception team.

## Exercise Benefits for Your Feet!

Exercising regularly has loads of benefits; and different kinds of exercises impact different parts of our body. Simple leg exercises such as walking, squats, lunges, balancing, tiptoe raises and toe crunches can make your legs stronger and try to ensure you stay away from problems associated with muscle weakness fatigue.

Some of the benefits of exercising your legs and feet are listed below:

### 1. Increased Strength and Flexibility

Leg exercises benefit people by strengthening the muscles in different parts of their legs.

It also benefits the toes by increasing their strength and

flexibility, also helping towards balance for a confident gait.

### 2. Smart Neuromuscular Connections

Exercises like 'toe crunches', 'Big Toe Down' and balancing on a single leg facilitates the development of smart neuromuscular connections within the feet.

Having smart feet means you will have a strong base, a healthy kinetic chain and leads towards better functioning within the body.

### 3. Reduce strain Injuries

Doing flexibility exercises such as calf stretching helps in reducing different forms of strain injuries.

## Contact Your Podiatrist

The Footcare Centre Ltd  
8 Monument Green  
Weybridge  
Surrey  
KT13 8QS  
Tel: 01932 849373

Web:  
[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)



## Exercise Benefits for Your Feet! (Cont'd from previous page)

### 5. Strengthen the intrinsics

Gripping the ground with the toes and releasing it can help in stimulating the movement of the arch lifting. This is highly important for all of us who wear shoes all day where our arch muscles (our intrinsics) may tend to get weaker

#### Summary

It is very important for people to do any kind of exercise on a regular basis, for your legs

as well as the whole body's wellness.

Doing so for about a few minutes each day will not only help in leading a healthy life but also ensure that you are full of energy. There are a wide number of exercises that can be used for improving your balance, alignment as well as flexibility.

Ask your foot specialist if there are any specific foot or leg exercises they feel would benefit you!



## 5 Tips to Improve Blood Circulation

Proper and smooth circulation of blood throughout the body is essential for the effective functioning of all the organs. These include the heart, abdomen, liver, kidney, arms and the legs or feet.

All the different types of cells in the body (such as muscle or nerve cells) need their daily quota of essential nutrients and oxygen for general upkeep (called homeostatis), growth and development.

However, illnesses, unhealthy lifestyle habits,

long working hours and wearing tight-fitting clothes are some of the factors which can adversely affect blood circulation to the extremities, especially the arms and the feet.

Common signs of poor blood circulation include muscle cramps, tingling, numbness, and throbbing pain in the feet.

The following are some ways in which you can improve blood circulation starting today!

## 5 Tips to Improve Blood Circulation (Cont'd from previous page)

### 1. Keep Yourself Active

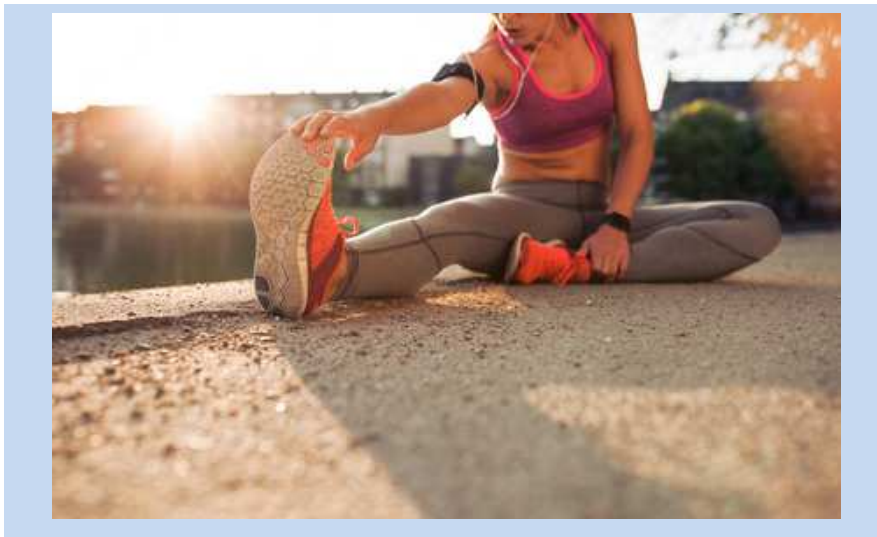
Remaining sedentary for long periods, either in a standing or sitting position, interferes with your blood supply. Therefore, you should take a break occasionally to pace up and down the passageway, or stretch your limbs to restore normal circulation.

### 2. Hydrotherapy

Hydro- (or water) therapy can take different guises. You can use alternating

temperatures when you shower, alternating from cool to warm is one technique, or using a massage function shower head or spa bath to encourage circulation in the epidermis.

Hydrotherapy is also useful when trying to exercise- utilize the water at the pool to support your bodyweight to help you achieve greater strength and mobility.



### 3. Exercise Regularly

Exercising or working out on a regular basis is necessary for stimulating blood flow. There are many ways of getting physical exercise, including walking, running, swimming and playing an outdoor sport. You can also try pacing up the stairs to get to your office.

### 4. Wear loose-fitting clothes and appropriate- sized footwear

Refrain from wearing very tight-fitting underwear, skin-hugging trousers, and tight shirts. Put on appropriate size shoes that allow your feet to breathe, and preferably

use lace-less footwear that let you step in and out comfortably.

### 5. Drink 8-10 glasses of water every day

As an adult, your daily water intake should be at least 1.5 liters. Keep on drinking water and fluids throughout your workday.

### Conclusion

Our entire cardiovascular system includes a fit heart, effective arteries carrying blood to our extremities and effective veins carrying the circulation back again.

If you are worried about the veins or arteries in your legs or feet be sure to mention it at your next visit!

The Footcare Centre

8 Monument Green

Weybridge

Surrey

KT13 8QS

Phone:

01932 849373

E-Mail:

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

Web Site:

[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

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



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## A new member of our team – Shelagh Shewell

After more than 20 years working in finance and with her family all grown up, she decided to have a total career change and is delighted to be part of The Footcare Centre team.

She enjoys gardening, theatre and cinema trips. She is a keen walker (she is definitely working in the right place then!!) and has been doing the Camino de Santiago walk in Northern Spain in stages over the last few years.



We are sure that you will all join us in welcoming Shelagh to the team.

## Patient questionnaire statistics for 2016

We have now updated our patient questionnaire results for 2016. We are pleased to publish the results below:

Questions put to Patients	% of Patients scoring: Good, Very Good or Excellent	
	2015	2016
How well the clinic ran to time?	100%	100%
The environment in the practice – clinic / reception?	97.9%	98.2%
Were there clear explanations during your treatment that you could understand?	100%	100%
The skills of the person you saw?	100%	99.1%
The personal manner of our team?	100%	100%
How well did you feel your concerns were addressed / treated at your appointment?	100%	99.1%
How do you feel about the quality of the visit overall?	100%	99.1%

*2015 figures based on 193 questionnaire responses collected between Jan 2015 & Dec 2015.  
2016 figures based on 120 questionnaire responses collected between Jan 2016 & Dec 2016.*

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