Monthly Newsletter

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The Footcare CENTRE

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Sock it to me!

Socks are worn universally and there is a myriad of them when it comes to their type. Socks serve several advantageous purposes such as absorbing or wicking perspiration- the large quantities of sweat produced by our feet.

Also, they help keep your feet warm in winter or cold weather. Socks are also a great fashion statement!

Socks can be categorized on the basis of the type of material they are made of as well as the length of socks. Wide varieties of materials are used to manufacture our socks. The most commonly used materials include cotton, wool, nylon, polyester, acrylic and spandex.

In order to make socks more comfy and soft, additional materials such as silk, cashmere, linen and bamboo are sometimes added.

There are also varying lengths of socks available. The different sizes depend on your choice and preference.

Here are some of the most common socks sizes:

- Ankle length socks
- Knee length socks
- Calf Length Socks
- Mid-Calf length socks
- Crew length socks
- Quarter length socks

Some other types of socks commonly used are:

- Athletic socks
- Bobby socks
- Nylon/Knit socks
- Slouch socks

Contact Your Podiatrists

The Footcare Centre

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Oh No!!

In Oct, we had 13 patients that failed to attend their appointment!

Types of Socks for Everyday Care
(Cont'd from previous page)

- Trouser socks
- Knee-high nylons
- Thigh—high
- Tights
- Toe socks
- Acrylic socks.

Regardless of the type, the primary objective of socks is to offer protection to the feet.

Secondary medical functions are often achieved to include compression for swelling or veins, or "extra-stretch" as in diabetic socks.

Do make sure to change socks daily and wear only socks that are comfortable and meet your needs.

Basic Foot and Ankle Anatomy

Your foot supports the body weight and aids in providing leverage for walking and running. It contains an arch and can adapt to uneven surfaces. There are three primary 'pivots'; the ankle joint; the heel and the toes.

The ankle joint, subtalar joint, and toe joints are the principally-involved joints for walking and running. Your foot and ankle is made up of a framework of bony skeleton covered by muscles, fascia and skin containing blood vessels and nerves.

The structures inside the foot and ankle most commonly vulnerable to injuries include:

Bones: There are several bones that make up a foot. Starting from ankle the back of the foot, the calcaneus (also known as heel bone) is the largest bone in the ankle that makes up the greater part of heel.

Basic Foot and Ankle Anatomy (cont'd from previous page)

There are 7 tarsal bones in the ankle and foot which make up the foot arches along with long bones in forefoot (metatarsal bones). The toes in the forefoot have separate bones (phalanges) in them.

Plantar fascia – It is the deep fascia present in the sole of the foot. As well as protecting underlying nerves, blood vessels and muscles present in the sole of the foot, it has a very important role in the support and function of the foot.

Ankle joint – It is formed by the articulation between the lower ends of tibia and fibula (long bones inside leg) and body of the talus bone (an ankle bone). Several ligaments support this union and provide strength and flexibility to the ankle joint.

Two types of movements take place at the ankle joint: Dorsiflexion (toes pointing upwards) and Plantar flexion (toes pointing downwards).

Subtalar joint – This joint is present inside the rear of the foot, between the two ankle bones (talus and calcaneus) and is also strengthened by attachment of ligaments. Gliding and rotatory movements of the foot are possible at this joint.

Achilles tendon – Tendon is a band that connects your muscle to the bone. The achilles tendon is located at the back of your ankle (above the heel) and it attaches the calf muscles to the calcaneus bone.

Hopefully you start to appreciate the foot as an incredible marvel of the human body, with an extremely important role to play in daily life.

If you experience any pain in your foot and ankle, do arrange for a consultation with us as soon as possible!

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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*

The Footcare CENTRE

Spotlight on…….

This is a returning feature, where each month we will focus on one member of our team. This month it is Shelagh Shewell – Receptionist.

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

I worked in a bank, in accounts, as a child minder, as a foreign exchange cashier, receptionist / admin, in an adult education centre and then back to accounts – Busy!

How long have your worked at The Footcare Centre?
Nine months

What do you enjoy about working at The Footcare Centre?
The people – colleagues and patients

What aspect of your job provides you with the most satisfaction?
Giving patients a friendly welcome and getting to "know them"

What have you learnt from patients at The Footcare Centre?
Patience and the ability to keep smiling from some of them, and a feeling that we are quite important in the lives of others.

What do you enjoy doing when you are not at work?
Getting together with friends and family, walking and gardening.

So……..what are your feet like?
No one has ever asked me this before…….good, I think – they serve me well!

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