

Monthly Newsletter

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How Does Foot Taping help Treat Feet?

Blisters are a bane to those who spend lots of time on their feet – from hikers, sports people to those wearing heels.

Simple blisters are due to friction on the skin leading to the formation of a 'bullae' or protective sac filled with 'blister fluid'. If friction is permitted to continue for long distances then a large blister can develop, with the risk of the roof of the blister breaking which can lead to further complications such as soreness or infection.

Methods of reducing friction include powders, adhesive or silicone gel pads, lubricants and antiperspirants designed for blister prevention. So how about foot taping? Generally, tapes that are hypoallergenic, thin, smooth and conforming with adhesive that can last all day long with no sticky residue when removed may work best in

the foot environment in helping reduce friction for blister prevention.

In addition, those of us involved in the treatment of sports injury or musculoskeletal problems have been using tapes to stabilize injured ankles, to treat plantar fasciitis, for soccer toe injuries (called 'turf toe') and achilles tendon treatments.

A common style of taping utilized for heel or arch pain and common conditions such as plantar fasciitis is a conforming and supportive taping style called low-dye strapping. This is certainly a taping style we find beneficial in our clinics which you may see employed.

Oh No!!

In Feb, we had 9 patients that failed to attend their appointment!



How Does Foot Tape Prevent Blisters?

(Cont'd from previous page)

In any taping method, proper application of the tape is necessary for this method to be optimal. Application technique, positioning and knowledge of anatomical structures is important to get the optimal function from taping techniques, whilst avoiding skin irritation.

Your team are well-versed with a host of taping techniques to help with a variety of common foot ailments.

Taping will often be part of a wider treatment protocol for many conditions where short-term taping is complemented by other longer-term solutions.

Speak to the team today about your foot concerns and understand more about how taping techniques compliment different aspects of your treatment with us. ♦



New treatments for athlete's foot being investigated

Athlete's foot – or more accurately known as tinea pedis – is a fungal infection that affects the skin of the foot. The culprit organism is often a fungus called Trichophyton rubrum. It is an extremely common infection that might happen if a person wears sweaty stockings for long periods of time or walks around barefoot in wet public areas (such as swimming pools or the locker room).

Athlete's foot typically starts as flaking and itchy skin in-between the toes, though may sometimes present differently. It can spread to the whole foot or even other body areas. Sometimes, it affects the toenails and causes them to become thickened, brittle and discoloured – a condition called onychomycosis.

New Treatments for Athlete's Foot Being Investigated

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Athlete's foot is normally treated with antifungal cream, ideally applied for a duration to up to 6 weeks depending on the type of infection. Although current antifungal creams such as Tolnaftate are effective, there is a risk of the infection coming back as patients cease using the creams once symptoms disappear.

Scientists have been working towards creating more potent antifungals to alleviate athlete's foot earlier. One such substance is

drug candidate SB208 from Novan Inc. It is a silicon-based gel that contains nitric oxide. SB208 has already passed phase II clinical trials (testing on people to evaluate if drug works and to determine its safety profile) and is proven to be efficacious. The fungal infection also did not recur up to four weeks after stopping treatment. This drug remains a promising option from those who suffer from athlete's foot.



People with diabetes, vessel problems, who are overweight or have a compromised immune system are most at risk of getting a fungal foot infection. Proper foot hygiene such as drying in-between the toes and always wearing socks are key in preventing an infection on setting in.

Unfortunately, athlete's foot is contagious. A person suffering from it should be careful to not spread it by avoiding common swimming areas and by wearing shoes in the house for the duration of the condition. ♦

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The Care,
Professionalism and
Time that your feet
deserve


The Footcare
CENTRE

Fun in the snow...

As the "Beast from the East" hit the UK, a few of the team decided to have some fun building some "Snow Feet"



Joke corner



"This is what you call diabetic foot care?"

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