

Monthly Newsletter

Free please take a copy



Latest/ upcoming developments

- We are closed for the Easter Bank holidays, but open for business on Saturday 15th April.

Contact Your Podiatrist

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Unsteady Gait

Walking steadily where you put your left and right feet on the ground alternatively to move ahead is an activity that many take for granted. We all follow a steady and uniform pattern unless we're ambling or strolling on a surface that is uneven or jagged.

However, there is a section of people who find walking normally an uphill task, and their gait is unsteady or wobbly.

A wide variety of neurological, psychological, and physical anomalies along with other factors could be responsible for individuals being adversely affected by unsteady gait.

Sometimes, injury or falls can result from gait patterns or unsteady gait. Different types of gait patterns can be identified by gait analysis at your foot

clinic. Examples include drop foot, 'hip hiking', toe catching (tripping) and circumducting (leg circles).

What Can You Do if You Experience Unsteady Gait?

Medications- Treatment for unsteady gait will depend on the underlying cause or factor that's affecting your gait or causing you to walk in a wobbly fashion. If you suffer from Parkinson's disease, depression, hypothyroidism, arthritis, rhythmic disorders, orthostatic hypertension, and Alzheimer's disease, your physician might prescribe you medicines to maintain your balance. For example, a festinating gait associated with Parkinson's disease or other similar types of gait changes may be treated with medication as your physician treats the underlying condition and cause.



Unsteady Gait (Cont'd from previous page)

- **Surgery-** Surgical intervention may be offered to some candidates with neurological gait changes caused by a spinal or neurological condition like lumbar spinal stenosis, and so on.
- **Wearing the right type of shoes-** More often than not, your gait problem could be aggravated by wearing shoes that are inappropriate. In other words, try better fitting, more supportive footwear.
- **Physical Therapy-** Sometimes consulting a physical therapist helps in gait improvement, especially if the issue is linked to muscle problems in your lower extremity. Physical therapists recommend exercises and workouts that'll help improve posture and balance. Your podiatrist will assess you and make recommendations for custom foot orthotics (foot beds) if they are required.



- **Rehabilitation Therapy-** Walking difficulty or experiencing issues while standing up or trying to take steps could often happen because you're not as active as you once used to be.

Physical therapists, language pathologists, occupational therapists, and rehabilitation specialists can help in the development of complex plans assist more elderly and disabled patient groups with individual or special needs .

If you encounter any difficulties with your gait, feel free to ask your podiatrist to see what solutions are available!

Cancer and Feet

Cancer is a malignant disease that can affect any part of the body. One form of cancer is skin cancer (such as melanoma) that may affect those areas of the epidermis that we don't pay as much attention to, as we do to the other sections of the outer skin.

For instance, often people don't take care of feet and ankles in the same way they do the hands or face. And it is because of this that early things generally tend to be missed or ignored. For example, signs of infections or cancerous change in the feet or lower

extremities. Basal Cell Carcinoma, Squamous cell carcinoma, and malignant melanoma are some forms of cancers affecting the ankle or feet.

Diagnosing foot melanoma and treatment options

Whether lesions or skin changes on the feet are benign or not can only be diagnosed following a patient's consultation with a physician, dermatologist or other specialist.



The medical professional will invariably want to go over the patient's medical background. Test may include a biopsy to establish whether the skin change or lesion is cancerous.

Treatment Options

There are various treatment options that a patient diagnosed with melanoma of the foot can resort to, including targeted therapy, immunotherapy, chemotherapy, radiotherapy, and radical surgery.

You need to take good preventative care of your feet and ankles and take the following precautions if you want to reduce the risks of foot melanoma and help in timely detection:-

1. Wear shoes or footwear that cover your feet fully if you have to go out in the day time

2. Smear all uncovered areas of the body with sunscreen, especially the upper and lower sides of your feet if you're wearing flip-

flops or sandals

3. Inspect your entire feet including the plantar side, toenails, and the areas between toes for skin changes.

4. Refrain from using a drying lamp (for drying nail polish) with UV technology.

5. Make it a point to wear goggles or sunglasses that are capable of screening out UV rays.

6. Put a cap or hat over your head before stepping out.

Conclusion

Bear in mind that timely detection of malignant melanoma of the foot is very critical for full recovery. Always be on the lookout for palpable symptoms or signs of foot melanoma, and report to your podiatric physician immediately if you detect or observe any signs.

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The Care,
Professionalism and
Time that your feet
deserve



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Weybridge 10k race

The 1st ever Weybridge 10k race took place on a very wet Sunday 5th March.

There were 1000 competitors and The Footcare Centre was the official time sponsor of the race.

Congratulations to the 1st place runner James Samson who completed the run in 33 minutes 18 seconds!

Lastly, some further congratulations to Jade Bellis who won the prize draw at our stand for a Fitbit Blaze.



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