

# Monthly Newsletter



Foot care for the whole family!

## Latest Developments

Make the most of our buy one get one free treatment for the Klenz machine.

Can be used on all of your shoes & insoles. Kills bacteria & makes your shoes/insoles smell like a breath of fresh air.

Ask at reception to get Klenzed now!!

## Contact Your Podiatrist

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Tel: 01932 849373

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## Foot Care for the Little Ones!

The fully grown body of an adult is different from the fragile structure of a child. It takes about 18 years for the human body to be fully developed.

The early years of a child's development are very vital and if you fail to take good care of their feet, it can be a problem in future.

### How do we look out for them?

#### Don't leave them unsupervised

Children are curious by nature; they would want to roam around and explore. A simple act of being tripped or falling down can cause trouble, especially at that vital age!

#### Make them wear comfortable footwear

Letting your child or infant wear socks that are too small for

them, or ill-fitting shoes is not good. By doing so, your child may experience blisters. When ignored, blisters on a child's feet can cause severe damage. Check their feet every once in a while, especially if they are not yet able to speak.

#### Cutting toenails

Cutting their toenails too short can cause an infection. Remember not to cut the side of your child's toenail or cut them in a curved pattern. When cutting, you just have to cut straight across and follow the line of the nail.

#### Check their sleeping position

Their sleeping position must be observed. The tendency is, if not noticed; they can sleep with an undesirable sleeping position.



Gentle does it

## Foot Care for the Little Ones!

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### Check your child's feet regularly

Your child may pick up an infection without you noticing. Always put it in mind that their body and bones are not yet fully grown yet, and can literally be infected about anywhere (ie. taking a dip in the pool can cause Verrucas or warts).



Check them regularly!

## About Orthotics

You may have heard of the term "Orthotics" many times, but what exactly is it and what is it used for?

Orthotics came from the Greek word "ortho" that means "to straighten" or "align." Orthotics is a field that requires knowledge on anatomy, physiology, and pathophysiology.

Orthotics involves making an orthoses, which is an external device designed to correct and protect the neuromuscular and skeletal system. The device is used to assist, limit or control movement of a joint.

One use of an orthoses is to assist in rehabilitation of a joint after cast removal; it aids in restoring the original function of a joint. Orthoses is used by patients with spina bifida or cerebral palsy, spinal cord injury, or stroke. The most common use of orthoses is for patients with ankle sprains and foot drop.

Angle-foot orthosis or AFO is sometimes called a brace. It could be used to support weak ankles. It also addresses pain, discomfort, and deformities between the ankle and foot by controlling and limiting movement and motion of the ankle. It can be used to limit lower leg and ankle movement in cases of fractures.



Orthotics may be used to help rehabilitate a leg or foot injury

In 2006, the International Committee of Red Cross had set international, standardized guidelines for manufacturing and developing AFOs. This would help set and ensure high quality, sturdy and cost-effective braces.

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## About Orthotics

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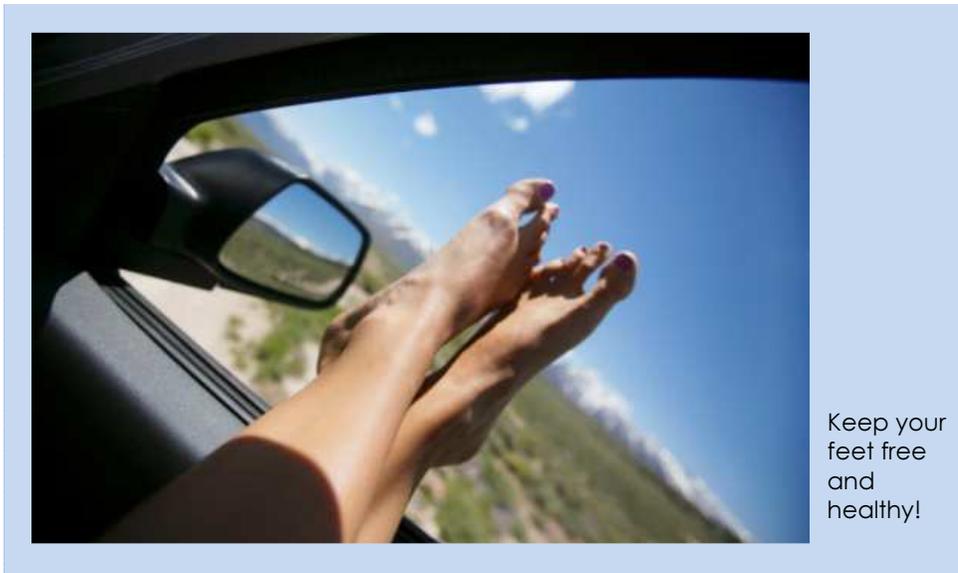
AFOs are either custom made or prefabricated, although the majority of users and health practitioners promote the use of a custom made brace. It provides a better fit and comfort to the user!

Foot and ankle braces are made from a light material, preferably polypropylene-based plastic. They are shaped to the letter "L", extending from the calf all the way to the foot. Straps are attached to the calf area. A

continuous rigid design is used when the ankle is to be immobilized.

There are other designs like flexible AFO's, anti-talus AFOs and Tamarack Flexure Joint that are used for different purposes.

Chances are, if you have seen your podiatrist for a foot injury, you would have been recommended an ankle brace as part of your rehabilitation.



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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.....Emma Cooling – Receptionist

### Tell us a little of your history before joining The Footcare Centre?

Before joining The Footcare Centre I was working as a Team Secretary for an Engineering company in Richmond. I left to have my first baby, Lewis, and when he was 8 months old, I joined The Footcare Centre as a part-time receptionist! I work on Tuesdays and Fridays, this is my 8<sup>th</sup> year being part of the team!



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

8 years on the 26<sup>th</sup> October 2015.

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

My team! We are like a little family!

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

I like chatting to the patients! People always say it's good to talk and I like to think that I help brighten people's day by listening to them when they need someone to talk to. And yes, it's also because I am a bit of a chatterbox! ;-)

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

A lot of our patients are elderly and it can sometimes take them quite a while to rebook and pay for their appointments. It's therefore key to be understanding and patient with them. One day I will be much older, so I treat our patients how I would want to be treated!

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

Outside of work, I enjoy spending quality time with my family. I also enjoy travelling and arts and crafts.

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

My feet are absolutely awful! In fact I really should see a Podiatrist! Franc....