



This issue, we pay homage to our outdoor heroes!

Foot Care for Outdoor Workers

Most of us would agree that outdoor workers have it hard. They are exposed to the heat of the sun for hours. Carrying heavy piles of inventory, materials and equipment is never an easy walk in the park!

Outdoor workers often overuse their muscles to the extent that they become sore. Not just their arms; their feet may also get worn out! And yet, the feet are equally important to an outdoor worker's livelihood.

There are times when outdoor workers do not take good care of their feet. Many people only experience minor foot problems related to work, but it is always better to be safe than sorry.

Tips

Here are some tips for taking care of your feet, while working outdoors:

- Invest in high quality footwear. Do not settle for anything less. Wear something that will protect your feet at work. If you are working at a construction site, be sure to get the necessary safety boots. Outer sole, grip, water-proofing and insulation are key.
- After a long tiring day, make it a habit to remove your footwear immediately. Consider that your feet were cramped in your shoes, and have not been out in the open for hours!

Take time to wriggle your toes and move your feet to get your blood circulating.

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Latest/ upcoming developments

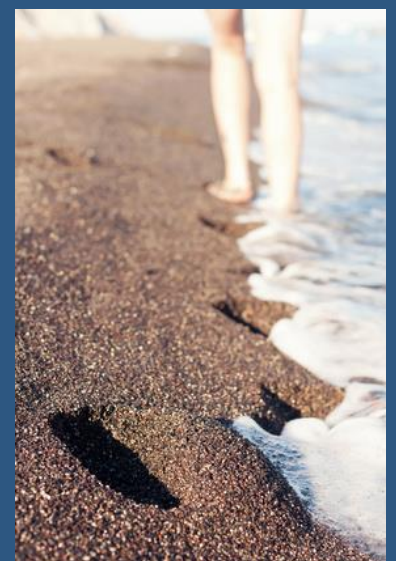
- David Good is now ready to start his injection therapy clinics. (See back for details)

Contact Your Podiatrist

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Walking with you!

Foot Care for Outdoor Workers

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Safety at work is really important

- Make sure your feet get enough breathing space. If you are working in a hot and humid environment, it may cause your feet to sweat.
- Allow your work boots to dry overnight or alternate boots each day.
- Be familiar with the place you are working in. Follow Health and Safety guidelines for the environment. Prevention is better than cure.
- Needless to say, you should consult your podiatrist if you experience any foot problems, whether at work or at home.

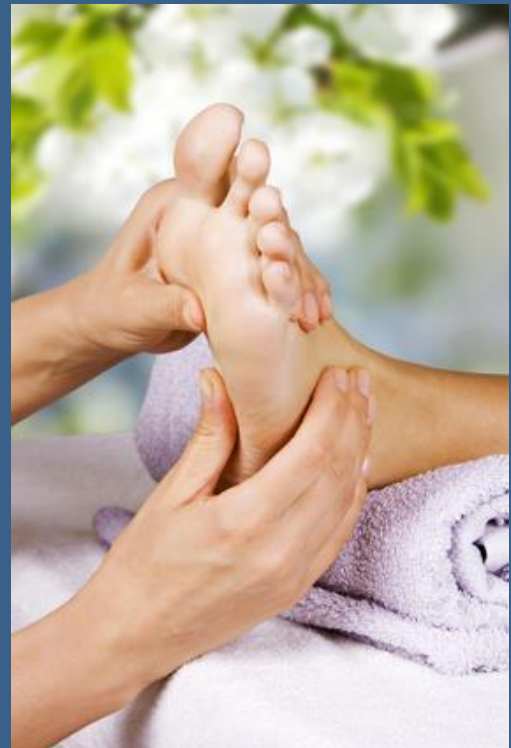
Reflexology

Everyone is bound to take a short break once in a while and relax. For many people, this translates to a reflexology treatment!

Reflexology has become quite popular,. Why so popular? Because of the incredible benefits people seem to get!

People report:

- Reflexology helps relieve stress and tension in the body through the reflex points in the feet.
- Reflexology triggers physiological changes and can help the body heal itself
- For those who are having problems with high blood pressure, reflexology can help you cope with those problems.



Foot massage can help relieve stress

Reflexology

(Cont'd from previous page)

- Reflexology soothes aches and pains experienced during pregnancy
 - Tactile, hands-on treatment can be a helpful soothing, relaxing, calming treatment
 - Reflexology may often be offered to the chronically sick, helping patients manage.
 - Post-surgery: It is very normal to experience pain as a side effect of operations. Reported pain scores may be reduced in those receiving reflexology.
 - In summary, reflexology has great benefits for your health, along with relaxation and improving your mood. Better yet, it is usually quite affordable and has no known side effects in most people!
- If you haven't tried reflexology yet, then book your FREE taster session today.



Clinical Manager, David Good completes Steroid course

Following on from the blog I wrote last summer I have now completed the necessary amount of supervised steroid injections under the mentorship of our in house Consultant Podiatric Surgeon Ernest Barlow-Kearsley and Specialist Podiatrist Stuart Hodder (a previous associate of The Footcare Centre) up at Charing Cross Hospital, London. This has since been assessed by the Society of Chiropodists and Podiatrists and my insurance has been amended to include Injection Therapy.

I thoroughly enjoyed enhancing my skill set which will only benefit my treatment planning going forward for complicated and chronic conditions.

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



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Steroid Course (Cont'd from previous page)

So.....What are steroids

Steroids are hormones located within the body and are responsible for the regulation of inflammation, metabolism, immune function, as well as salt and water balance. When a joint/soft tissue becomes inflamed and the body cannot respond to reduce the inflammation, steroid injections can be used to assist in reducing inflammation and swelling at the structure.

What is a Steroid injection?

Steroid injection consists of small amount of corticosteroid that has an anti-inflammatory action and local anaesthetic which numbs the area temporarily. Injections into soft tissues and joints can be very effective in giving pain relief when the tissue is inflamed. It is known as a local injection because it acts only in that area and does not travel around the body.

As previously mentioned conditions that may benefit from a cortisone injection include:

- Plantar fasciitis
- Morton's neuroma
- Stage 1 Posterior Tibial Tendon Dysfunction
- Capsulitis/Synovitis
- Tarsal Tunnel Syndrome
- Sinus Tarsi Syndrome
- Nerve Entrapment
- Hallux Limitis/Rigidus
- Osteoarthritis within joints
- Gout
- Scar tissue

You will feel the effect of the steroid usually within 1 to 2 days but can be up to 10 days after the injection. Within this time frame patients are advised to continue taking normal painkillers. The steroid provides up to six months of relief however this duration is dependent on each patient.

When should I have a steroid injection?

In my opinion steroid should not be used normally as a first line treatment option and other conservative methods need to be explored before considering this slightly more aggressive approach.

So if you have a chronic condition that has not responded to some conservative methods or you would like to find out more information then please book with me David Good.

This has been written by David Good and is the opinion of the author and not necessarily The Footcare Centre Ltd

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