

Monthly Newsletter

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Latest/ upcoming developments

- Christmas closing dates – see back page.
- Podiatrists attended the yearly Podiatry Conference in Glasgow this month.
- Weybridge 10K race – see back page.

Orthotics in Golf Shoes

Making a good and smooth swing without feeling any discomfort is a plus when you're aiming to win in golf.

For over a century, manufacturers have evolved golf shoes to look, feel and play well. In addition prescribers of orthotics also consider this unique environment when prescribing orthotics for a golfer to wear on the course in their golf shoes.

What are Orthotics?

The practice of orthotics seeks to prescribe devices that aim to support, immobilize, align, or prevent injuries in the movable parts of our body. This field is very important to athletes, and golfers are not an exemption.

Shoes for Golfers

Golf shoes are designed to have spikes to maintain good balance throughout a full swing. It enables the player to be steady, and prevents the player from slipping when doing the follow-through.

Good golf shoes should also be of high standard- durable whether it rains or whether it is scorching hot. Golf shoes should not give spots of friction, slip slide, get hot or let you get too cold.

Proper shoes should have good support. Golfers can commonly experience strains and foot injuries like plantar fasciitis or "heel pain" when the shoes don't support well.

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Orthotics in Golf Shoes (Cont'd from previous page)

In addition, good socks may help in relieving friction, wick moisture and improve in giving optimal support.

Poorly fitting golf shoes may not only irritate your feet, but can also irritate or cause problems to your knees.

Shock absorbency and rotations affecting your foot and leg are important here.

Investing in good golf shoes is tantamount to investing in your health. Golf shoes should be able to protect your feet, despite walking both uphill and downhill on an 18-hole course.

If you have a winning pair of shoes but feel you may benefit from an assessment for possible orthotics – discuss this with a member of our team!



Foot Odour

Foot odour can be a sensitive topic for many people. Even the cleanest of us can cause noses to wrinkle when we take off our shoes off at the end of the day. Known by the medical term “bromodosis”, moist smelly feet occur when sweat and bacteria mingle to create a foul odour, often described as “thick” or “like vinegar.”

The feet contain over 250,000 sweat glands. Some individuals have the tendency to produce even more sweat than average. By itself, sweat has no odour. When your feet

perspire, that perspiration usually evaporates before it can do any harm.

But when you wear socks and shoes that prevent evaporation of sweat, that sweat could come into contact with bacteria breeding in your footwear and on your skin. Things can start to get quite smelly!

Shoes and socks create a dark, moist environment which is perfect for breeding foot odour. Therefore, it's important to be hygienic with your footwear.

Foot Odour (Cont'd from previous page)

Besides footwear that isn't breathable to allow sweat or moisture to escape, foot odour can also be a side effect of stress, medication, hormones and diet.

Preventing Foot Odor

Luckily, there are many things you can do to avoid those smelly feet:

- Keep your toenails trimmed short. Long toenails are a breeding place for germs.
- Wash your feet every day with regular soap, and make sure to dry them thoroughly before putting on your socks and footwear. The spaces between the toes are often neglected. These become moist and can attract odour-causing germs.



- A light dusting with commercial foot powders can help absorb excess sweat and prevent smelly feet.
 - Foot soaks and foot scrubs can help alleviate foot odour. To do this at home, simply soak your feet in a tepid basin of Epsom Salt for up to 30 minutes, no more than once a week. After soaking your feet, you can gently rub them with a smooth pumice stone or a commercial foot scrub. This removes dead skin cells, which serve as food for the bacteria that cause foot odour.
 - Only wear cotton or woolen socks that have been freshly washed. When washing socks, it is important to wash them inside-out so that you remove accumulated dead skin cells. White socks can be bleached to remove stubborn bacteria. Some socks for sports are made with technical fibers that allow evaporation of sweat.
 - Keep your shoes as clean and dry as possible: alternating daily between pairs of shoes allows them to dry out completely between uses.
- You can sprinkle a little baking soda in them after use, or use a store-bought shoe deodorant (like the kind used in bowling alleys). If your shoes can be washed, wash them frequently in a solution of detergent and hot water.

Foot Odour (Cont'd from previous page)

If you experience continued problems with foot odor, do make sure to see your podiatrist, who may recommend a more targeted approach.

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



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The first Asics Weybridge Sports 10k

We are proud to announce that The Footcare Centre are the sponsors of the official race time for the first ever Weybridge 10K race.

If you are interested in signing up, please visit

<http://www.veybridgesports10k.co.uk/>

Entry prices range from £16.00 - £18.00 per person. The 10k is the first run in Weybridge that takes you through a closed road high street and past the town monument.

The running route starts and finishes at the Weybridge Health Club & Spa and takes you past the river, by Walton Bridge and down Baker Street.

Calendar of Events

The surgery will be closed over the Christmas and new year period on the following days:-

25th December

26th December

27th December

1st January

2nd January

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