

Monthly Newsletter



Women are more likely to have Morton's neuroma

Morton's Neuroma

Morton's neuroma, also known as plantar neuroma, is a prevalent disorder affecting the forefoot.

Although Morton's neuroma can be very painful, it is due to a benign thickening of nerve tissue that develops in the region of the ball of the foot, in between the third and fourth toes.

Patients describe it differently, though may use words like 'sharp pain' or 'numb between the toes'. You might feel like you have a pebble stuck in your shoe or you might experience a burning pain radiating to your toes.

It may only affect either of both feet. Taking off your shoes and massaging the

foot usually decreases the pain.

What causes Morton's Neuroma?

It is thought that Morton's neuroma pain can be caused by constant irritation or pressure to a nerve in the foot. This is something which happens over time. The irritation and pressure causes inflammation to the nerve and a fibro-vascular buildup can occur. This creates a mass around the nerve which is compressed whenever you take a step.

Women are more likely than men to have Morton's neuroma pain. It is thought that the styles of shoe can contribute to this.

Latest/ upcoming developments

- Podiatrist – Franc Pirc's new working hours are:-
Wednesday 10.00 – 20.00
Thursday 8.30 – 18.00
Friday 8.30 – 17.30
Saturday 8.30 – 13.15

Contact Your Podiatrist

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We're with you, at every step of the way.



High impact sports cause repetitive pressure on the feet

Morton's Neuroma

(Cont'd from previous page)

Other risk factors include impact sports in enclosed footwear, such as running which may cause repetitive pressure to the foot. Over-pronation (your foot rolling inward as it strikes the ground) can also irritate neuroma. If you already have existing foot deformities such as bunions, hammertoes or flat feet, you may be more at risk of developing the condition.

How is Morton's Neuroma diagnosed?

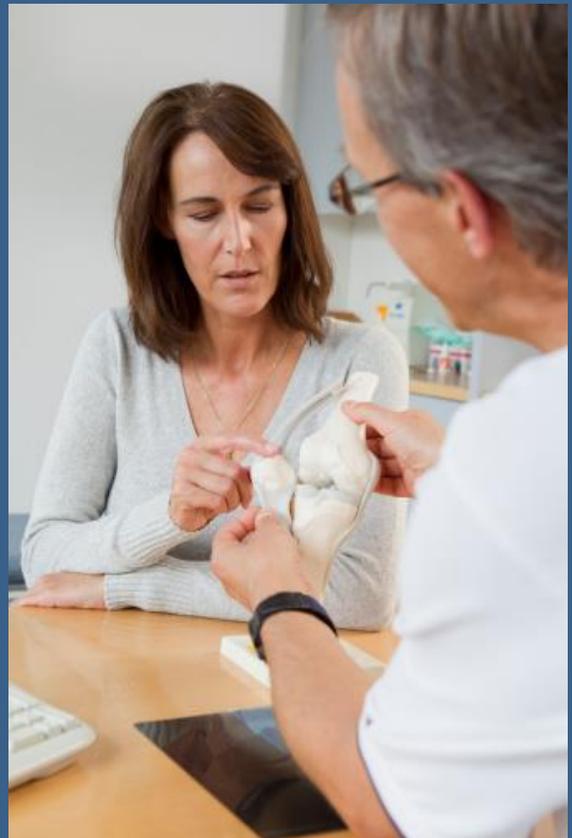
If you have had foot pain for two or more days, it's best to see a podiatrist. Your podiatrists will perform a thorough physical exam, including a special foot squeeze test, called a 'Mulder's Manoeuvre' or the web space compression test, where they will push their thumb between your 3rd and 4th toes to check for pain.

Sometimes your podiatrist may request you to undergo an ultrasound of the foot.

Treatment for Morton's Neuroma may include one or more of the following:

- Advice on the most appropriate footwear.
- Corticosteroid injections for short-term pain relief.
- Low-Level Laser Therapy for pain relief
- Painkillers or NSAIDS – Non-steroidal anti-inflammatory drugs to reduce swelling and pain.
- Orthoses (Special orthotic insoles to off-load the compressed nerve.
- Surgery to decompress the nerve or completely remove the growth.

If you have Morton's neuroma, it is important to advice on footwear and reducing nerve compression. Speak to a podiatrist today about pain in the forefoot or possible Morton's Neuroma



see a podiatrist if pain continues for two or more days

Top 4 Causes of Smelly Feet

Smelly feet are not funny if you happen to be one of the countless people who suffer with this common problem. The worry of trying on shoes in a shoe shop, or kicking off your shoes at the end of a long day when you have company, you are not alone. If this is something you identify with, don't worry, because there are millions of other people who face the exact foot problem!

The feet are one of the most utilised parts of the body. They work hard take hundreds of steps each day, that's before you put them through their paces. Because of this, it is only natural for the feet to sweat or perspire. However, there are people who have hyperactive sweat glands on the feet and as a result, produce more sweat than normal. And on top of it all, of the 2.5m sweat ducts on the body, most are found on the hands and feet!

There are many reasons why the feet create such a foul odor; it might be because of lifestyle habits, defective footwear, an underlying condition. Often it is multi-factorial. Although there are many causes of or smelly feet, studies point out five main reasons why this happens:

1. Bacteria – microorganisms love to grow in moist areas because this is their ideal habitat. When your feet sweat and you are not able to take care of them properly, bacteria will start to flourish in the moist creases and corners of your feet.

Aside from outside bacteria, the feet also contain a natural microorganism called *Brevibacterium linens*. The difference with this is it does not feed on sweat; instead it thrives by consuming dry, dead skin on the feet. When the bacteria eats it catabolizes and produces a gas called methanethiol. The latter is responsible for the rotten smell coming from your feet.



How do your feet smell?

2. Skin Infections – when there is over perspiration, you may develop a skin infection called pitted keratolysis. This can also carry an unpleasant odour.
3. Foot hygiene – It is important to wash and dry feet thoroughly every day. Changing cotton socks once and maybe twice daily and alternating shoes every day.
4. Footwear – the kind of shoes that you wear affects the level perspiration and bacteria on your feet. To avoid smelly feet, you have to wear a pair of natural leather dry shoes and cotton socks. Speak to your podiatrist about astringents, medical grade antiperspirants or other treatments that may help.

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

Spotlight on.....Tristan White - Podiatrist

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

I have come straight from studying for my A-levels onto studying at University for my Podiatry degree before finally finding myself working as a Podiatrist at The Footcare Centre. So in brief, my history prior to joining The Footcare Centre is that of study and student life!



How long have you worked at The Footcare Centre?

I have been a part of the The Footcare Centre team for 6 years now.

What do you enjoy about working at The Footcare Centre?

I mostly enjoy the strong team spirit and culture between us all.

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

Being a podiatrist I am very lucky, my job is inherently satisfying as I spend all day improving foot comfort and taking away pain!

If I had to pick one, I would say the most satisfying part of my job is when I am able to make a drastic change to a person's quality of life by resolving a long-standing problem.

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

Over my time working at The Footcare Centre I have seen and marvel at the remarkable strength of character that some people possess when going through tough times.

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

When not working I am a keen mountain biker, which has taken me to some fantastic, breath taking places like the French and Swiss Alps, as well as some very wet places (Wales). All of this in the name of good fun and an adrenaline rush.

I also enjoy going to watch Rugby whenever I can get the chance.

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

At the moment I am able to keep my feet pretty well maintained myself... although the position I have to get into to accomplish this is becoming more and more difficult to get out of again!

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