

Monthly Newsletter



How to keep your feet moving, even in the middle of long meetings...

Latest/ upcoming developments

- Happy New Year.
- Have you seen our new flooring in surgery 1 & now Surgery 2??
- Our new floor in surgery 3 is due to be fitted by the end of January 15.

Contact Your Podiatrist

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Foot Exercises in the Office!

Perhaps the only time that a desk-job worker will get to flex muscles is when there is a need to go to another department. Maybe it may even be when it is time to leave the office!

Not all workers have the luxury to go to the in-office gym and have an extensive workout. Even so, there are exercises that can be done within the walls of the workplace.

The human body is structured in a way that it needs a small amount of physical activity to maintain homeostasis or *inner* balance.

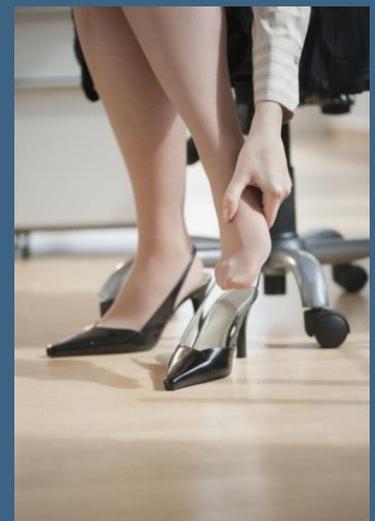
Therefore intense exercise for those who are unaccustomed may do more

harm than good. In fact, it is best to start with little steps for your feet and legs!

The following exercise can be done inside the office even while seated. This way, even while working, the body still receives the needed exercise. These exercises are best executed while being seated.

- Lift toes while the heel is securely on the floor.
- Tap the feet on the floor, as if running. This should also be done while seated for 30 seconds.

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Moving your feet is important- even at work!



Take the opportunity to walk around and improve blood circulation in your legs and feet

Foot Exercises in the Office!

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- Lift the right, then left, foot a few inches above the ground; the right knee should remain in a 90-degree position. This position should be maintained as long as you are comfortable.

Other exercises can be done during breaks. For instance, when walking down the hallways, the pace should be fast but not to the point of running.

Change habits – use the

stairs. Also, while taking the stairs, if able, take two steps at a time because it stretches the legs more than when climbing at the usual pace.

These are only some of the exercises just to jumpstart a healthier life in the office.

Instead of letting your lower limbs be idle, why not get them moving as part of your exercise regime? ♦

Ingrown Toenails

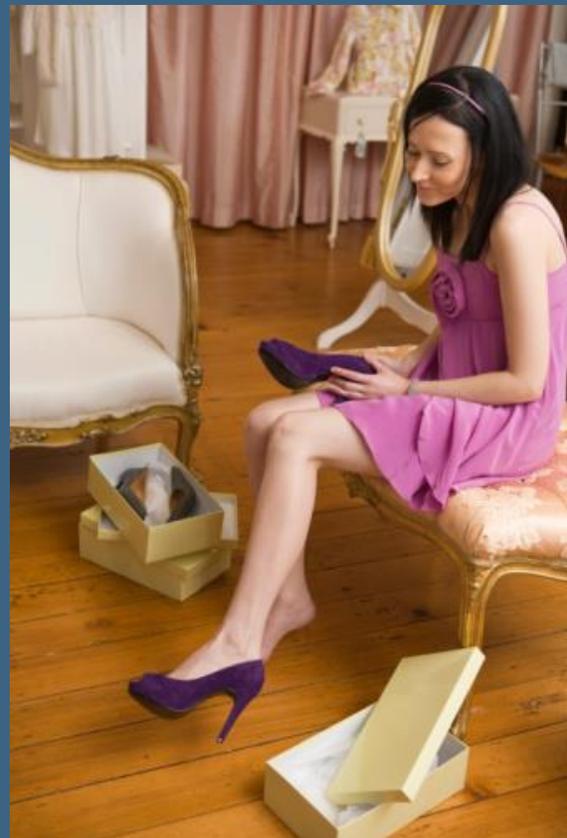
Ingrown toenails are usually common in the big toes. An ingrown toenail is the intrusion of the corner of the nail into the soft flesh due to its shape.

Having an ingrown toenail often will cause you to experience pain. You might also notice redness and swelling of the affected area. In rare instances, an infection could also occur.

There are several causes of having ingrown toenails: One of the common ones is wearing shoes that are too tight, thus crowding the toenails!

Another is cutting the toenails too short or not cutting them straight across. Injury to the toenail and oddly curved toenails are also possible causes.

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Tight shoes are a cause of ingrown toenails

Ingrown Toenails

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The greatest concern when the ingrown toenail is left untreated or undetected is secondary infection as the nail breaks through the layers of tissue. If the individual has diabetes, the risk is greater because of diabetes related complications.

Top tip: Keep ingrown toenails clean and dressed until you get them checked.

Soaking the toe in warm water with salt mixture daily for about 15 minutes. Except when soaking the feet, always keep them dry! Dress the toe with a non-stick gauze dressing such as melolin.

You should also choose footwear that fits the feet comfortably and allows room for toes at the toe box. Sandals could be worn so that there is little or no pressure on the toes until you seek help.



A warm soak can do wonders!

Podiatrists are experts at assessing, diagnosing and treating ingrown toenails.

They can give advice on preventing reoccurrence and can often treat them conservatively with minimal discomfort.

Painful ingrown nails can be managed in the clinic with an anaesthetic if required for pain management during and afterwards.

Overall, ingrown toenails can be prevented through your own efforts. If the edges of the toenail are showing signs of becoming ingrown, it is best to take the necessary steps to lessen the impact.♦

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



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Pes Planus

There are 3 main foot types'; normal, flat foot and high arch. In this article we shall discuss flat foot (pes Planus) and high arch (pes cavus). The possible implications of both as well as treatments will also be highlighted.

Pes Planus

This is a condition commonly known as flat feet or fallen arches and it is commonly seen in infants and toddlers. It occurs due to a postural deformity as the tendons holding the joints in the foot are loose, hence causing the arch of the foot to reduce. Patient suffering from this condition will notice their entire sole of the foot coming into complete or near complete contact with the ground.

Flat feet can also develop in adults due to injury, illness, prolonged stresses to the foot caused by defective biomechanics and the normal aging process.

Patients, who are either diabetic, obese or suffer from hypertension, are more prone to this condition. If the condition develops during adulthood then the patient is likely to remain flat footed permanently. The condition can either be flexible or non-flexible, most flexible flat feet are asymptomatic and do not require treatment as the condition can be considered as a normal human variant. Treatment for a non-flexible flat foot deformity would involve regular stretching exercises and a suitable [insole/orthoses](#) to try and help correct the deformity.

Pes Cavus

This condition is commonly known as a high arch or high in-step and occurs when the arch does not fall flat when bearing weight upon it. Pes Cavus is typically a result of a fixed plantar flexion of the foot. Plantar Flexion is the movement of the ankle, pointing the toes away from the shin. The exact causes of the condition are unknown; however there are three likely scenarios, which can trigger the condition:

- Neuromuscular condition e.g. [polio](#)
- Congenital
- Trauma

Common symptoms caused by Pes Cavus foot type are:

- Pain under the metatarsal heads (ball of the foot) and heel
- Lateral ankle sprains
- Foot drop
- Instability
- Hammertoes
- Pain while walking or standing in the foot
- Stiffness in the lower limbs and foot joints

Treatment for pes cavus foot condition involves

- Various pads made from silicone or felt can be used to get pressure off the painful areas
- Control body weight to decrease load on the feet
- Physical therapy modalities such as [low level laser therapy](#) for associated tendonitis.
- Foot and ankle joint manipulations to help increase joint range of motion
- [Orthoses](#) can provide support for stressed joints and soft tissues.
- Wear shoes with a good cushioning, depth and arch support which may help relieve pain and improve walking.

Taken from www.thefootcarecentre.co.uk/news-blog/pes-planus

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