

Monthly Newsletter

FREE – PLEASE TAKE A COPY



Foot Health and Foot Disorders – Special Care Needed!

Many individuals don't realize how feet can play a vital role in their health and mobility. Commonly, proper foot care to maintain healthy feet is neglected. As you age, foot pain and disorders become a common complaint, typically due to the worsening of untreated conditions and lack of foot care. Foot disorders can mean the difference between being able to live at home and needing institutional care among the aging population.

Structure of the Foot

The structure of a foot is perfectly constructed by 26 small bones, 33 joints and more than 100 muscles, tendons and ligaments. Feet are designed to keep you mobile, on average taking approximately 10,000 individual steps and receiving an impact adding up to hundreds of tons of weight on a daily basis.

Common Foot Disorders among the Aging

The natural cushion of padding wears under your heels and the balls of your feet over time related to decades of standing on your feet. Foot arches can become flatter or less flexible; foot joints and ankles stiffen or the entire foot becomes wider and longer as you age.

Latest/ upcoming developments

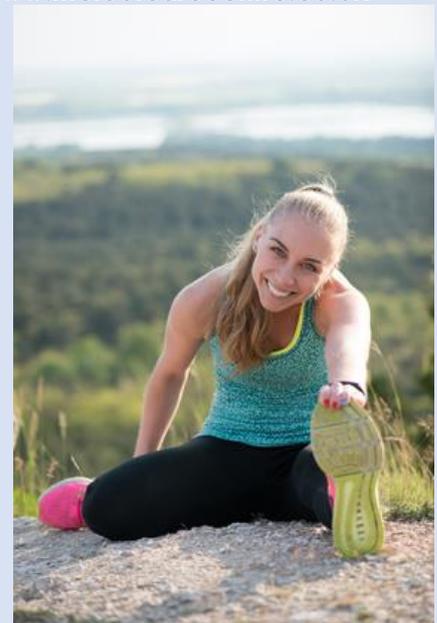
- After a long search we have finally found two new podiatrists and we look forward to welcoming them into our team in the next couple of months.

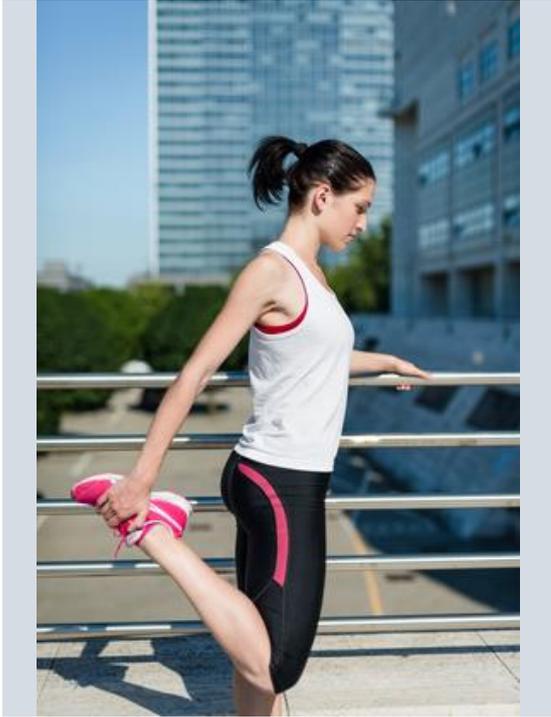
Contact Your Podiatrist

The Footcare Centre Ltd
8 Monument Green
Weybridge
Surrey
KT13 8QS
Tel: 01932 849373

Web:

www.thefootcarecentre.co.uk





As a result of these changes, you may be at a high risk for the development of foot pain and disorders, even if you have never experienced prior difficulties. Foot complaints and disorders commonly seen among the aging population include:

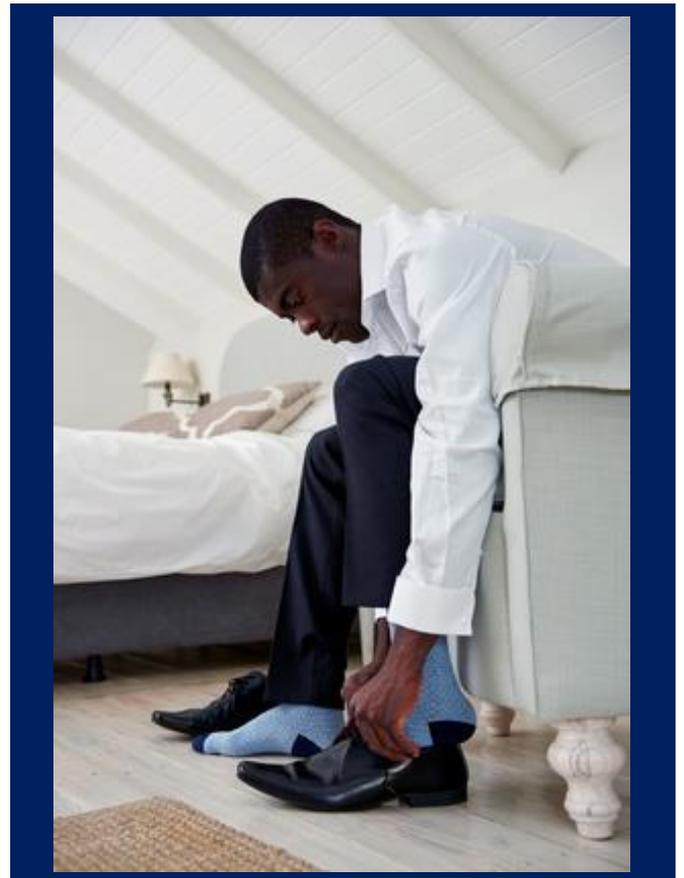
- Bunions;
- Corns and calluses;
- Hammertoes;
- Toenail problems;
- Diabetes related foot disorders;
- Deformities of the foot structure;
- Heel pain.

Maintaining Foot Health with Basic Foot Care

Now that you know how valuable your foot health is, you can begin to give your feet the daily attention and care they need and deserve.

Simple measures to keep feet healthy and happy include:

- Examine feet daily for any breaks in skin, dryness, calluses, etc. Use good lighting and a mirror to see challenging areas. If necessary, ask a friend or relative to assist with the examination.
- A lanolin moisturizer can be used daily to prevent and treat dry and cracked skin. Talcum powder can be dusted lightly over your feet if perspiration is a concern. Avoid application of excess moisturizer or powder between the toes as this can cause breakdown.
- Wear footwear and socks that are properly fitting and comfortable. Be sure to change socks daily.



- Incorporate exercise into your daily routine, such as walking.
- Wash and thoroughly dry feet every day. If you suffer from decreased sensation in your feet or poor circulation, test the water temperature with your elbow or wrist to prevent burning. Feet should be patted dry, not rubbed, making sure the area under and between the toes is well dried.
- Although soaking your feet is a soothing experience and has benefits, avoid soaking them for more than 10 minutes to prevent drying of the skin.
- Toe nails should be cut or filed straight across and never shorter than the end of your toe. If your feet are unhealthy or you have other health complications, such as diabetes, it is recommended that a podiatrist perform this care.



If any of the following symptoms are present or noticed upon examination you should seek the advice of your physician right away:

- A sore or injury that becomes infected or doesn't heal;
- A blue or black discoloration appears in any part of your foot or leg;
- Pain when walking, even if it is relieved with rest;
- A decreased sensation to extreme temperatures or pain;

- Any unusual numbness, tingling, discomfort, cramping or coldness in your feet.

Additional foot care interventions are specific to each type of foot condition or disorder. Following these recommendations can serve as your first step towards achieving healthy feet.

If you encounter any foot problem or discomfort, feel free to give us a call and we will do our best to help you!

The Footcare Centre

8 Monument Green

Weybridge

Surrey

KT13 8QS

Phone:

01932 849373

E-Mail:

info@thefootcarecentre.co.uk

Web Site:

www.thefootcarecentre.co.uk

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.

3 Podiatrists from The Footcare Centre join the Faculty of Podiatric Medicine within the Royal College of Physicians and Surgeons of Glasgow

On 24th March 2016 Clinical Director/Podiatrist Stuart Berry, Clinical Manager/Podiatrist David Good and Podiatrist Tristan White received formal admission into the Faculty of Podiatric Medicine within the Royal College of Physicians and Surgeons of Glasgow.

Membership of the Faculty of Podiatric Medicine demonstrates to our peers and patients that we are committed to continued professional development.

To apply for admission we had to be proposed by 2 current members already within the faculty and meet the 5 requirements below; furthermore to complete a detailed clinical "CV" highlighting all post graduate courses and continuing professional development (CPD) as well as our current skill set.

- A minimum 5 years clinical practice (HCPC post registration)
- A significant proportion of your work is centred on clinical practice in Podiatric Medicine
- Your clinical practice is of a high standard
- You have undertaken recognised postgraduate education
- You contribute significantly to the standing of the profession

We are now entitled to use the post nominal MFPM RCPS(Glasg) on top of our current BSc(Hons) MChS HCPC reg.

By having access to this institution we can further develop our skill set via post graduate courses and CPD so that continued evidence based practice is at the centre of our patient care.

Attribution: All images are from Fotolia.