

Monthly Newsletter

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Contact Your Podiatrists

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Hiking or Trekking and Tips for Proper Footcare

Hiking or trekking are certainly fun ideas when it comes to an adventure. You get an opportunity to come close to nature but there are a number of things to take note of.

Your feet are essential for trekking, which means they need a lot of care! Here are some foot related problems associated with hiking or trekking, and how to care for your feet:

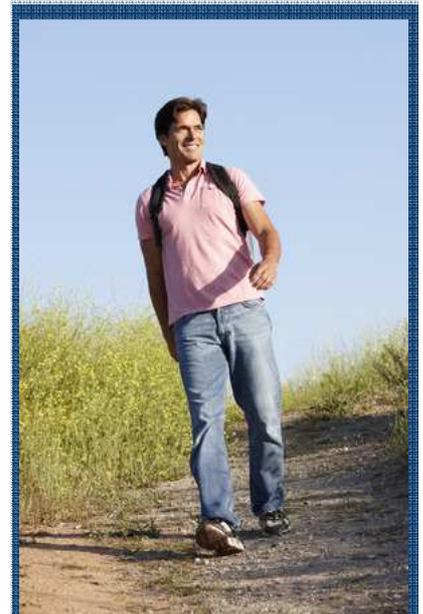
1. Athlete's Foot: If the conditions are tough and the distance is long, this is a common problem that you may face. You should keep your feet dry and use socks that are made of synthetic materials, so moisture can wick away from skin. Combine this with properly ventilated footwear and do not re-use socks worn the day before.

2. Pitted Keratolysis: Another possibility is getting a type of skin infection where the skin is seen to be rubbery, eroded or pitted. Again, you will need to wear the right footwear: good fitting to prevent friction with breathable uppers.

3. Blisters: If you develop a blister, make sure to dry your feet and apply a sterile non-stick dressing or Band-Aid over it. Do not pop a small blister. Also try using an anti-blister skin lubricant from running or outdoor stores.

Oh No!!

*In May, we had **11** patients that failed to attend their appointment!*



Hiking or Trekking and Tips for Proper Footcare (Cont'd from previous page)

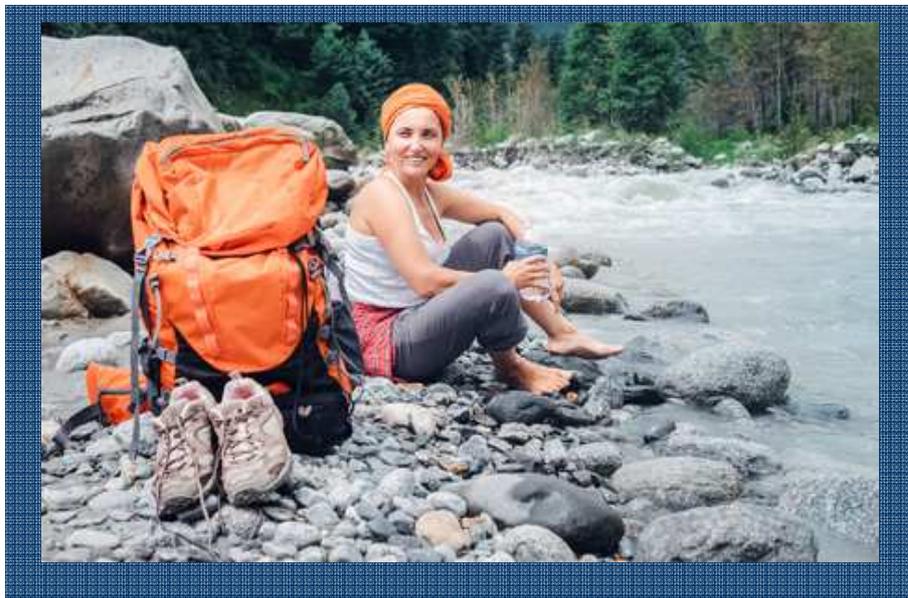
Change dressing or Band-Aid to prevent areas becoming moist or soggy.

4. Other important tips: If you are camping out overnight, make sure to wash your feet using biodegradable soap before sleeping and dry well.

You may massage your feet at intervals and whenever you take a long break, it is also good to take off your boots, and apply foot powder.

5. Recommended Medical Kit: Make sure you are equipped with the following products:

Straight nail scissors, disinfectant, surgical tapes, Band-Aid blister, foot powder, and anti-fungus cream.



With the above guidelines in mind, you can confidently step out for your next mini adventure! ♦

Prevention & Home Treatment for Bunions, a Common Foot Deformity

Bunions are a commonly seen type of foot deformity. They are defined as a bump on the metatarsophalangeal (MTPJt) joint at the base of the big toe and are a result of the misplacement of bone or tissue at the joint. When bunions form the toe is forced to bend towards the others, creating a lump of bone on the foot.

If left untreated, bunions can become painful due to friction, pressure, development of a bursa (fluid filled sac) but also as the MTPJt joint is responsible for carrying a great deal of body weight while walking.

Prevention & Home Treatment for Bunions, a Common Foot Deformity (cont'd from previous page)

The MTP joint may become sore and stiff which can make wearing some shoes difficult or impossible.

Causes

Bunions are due to multifactorial causes: family traits, footwear habits, occupations and from a disruption of the normal balance of forces that are exerted on the joints and tendons of the foot. This disruption can lead

to instability of the affected joint, causing the deformity. Years of abnormal pressure and motion over the MTP joint can exacerbate the development of bunions, which are considered to be progressive when combined with the way we walk, our inherited foot type, or our shoes.

Symptoms

Symptoms of a bunion may include the following characteristics:



- Swelling, redness, or pain at or near the MTP joint
- Painful or restricted movement of the big toe
- Development of a firm bump at the base of the big toe, on the outer edge of the foot
- Corns or other foot irritations caused by the overlapping of the first and second toes

Prevention

By taking the following actions, we may prevent or slow the progression of bunions, or gait problems associated with them:

- Avoid shoes with a narrow toe box
- Wear supportive shoes with custom

orthotics from a podiatrist if necessary

- Seek treatment for a bunion at the first signs and symptoms to stop or slow progression – treatment may include night splinting or muscle strengthening.

Home Treatment

Measures that can be taken at home to get relief from discomfort:

- Cushion the bony prominence with a commercial bunion pad that is non-medicated
- Wear shoes with a deep and wide toe box
- Ice packs can be applied several times a day to reduce swelling and soothe inflamed and painful areas
- Avoid wearing heeled or tapered toe shoes.

Prevention & Home Treatment for Bunions, a Common Foot Deformity (cont'd from previous page)

When to Seek Help

Bunions tend to become larger and more painful if not treated early, which makes non-surgical treatment less of an option. If pain is persistent or the bunion is causing disruption of your normal activity, treatment should be sought from your podiatrist. ♦

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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.

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



Did you know? June is Feet for Life month.

The theme for Feet for Life month 2017 is 'Feet for Life - from birth to beyond'.

Each year the College of Podiatry runs an annual Feet for Life month campaign. This is done to raise awareness of podiatry and highlighting how podiatrists are the experts in keeping feet healthy and pain free. Podiatrists simply keep you on your feet!

This year they want to highlight the importance of caring for your feet, and the key foot health issues to be aware of at all life stages. They have focused on three main areas:

- **Babies and children.** This covers the importance of well-fitting and appropriate socks and shoes to ensure that growing little feet are kept healthy and gives advice on how to choose appropriate footwear for young children. It also provides information about key foot health issues affecting children and teenagers, such as athlete's foot and sweaty feet.
- **18-40 age group.** This focuses on everyday footwear, including how to find the perfect heel height, choosing summer shoes and tips to find the right sports shoe. It also includes information on common foot ailments such as bunions and fungal infections.
- **Over 55 age group.** This looks at foot problems that are more common as people age, including those linked with other debilitating conditions such as diabetes and arthritis and general circulatory problems. It also gives advice on general foot care, and choosing appropriate footwear.

Remember, foot pain is not normal. See a podiatrist if you suffer from foot pain or if you have any problems with your feet

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