

Monthly Newsletter

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Your feet,
supporting you
everywhere you
go

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Foot Care While Doing Water Activities

Activities around beaches, rivers, lakes or any body of water usually means some form of adventure. For instance, fishing, canoeing, and a mandatory swim!

Sometimes, you may not be engaging in strenuous activities; instead, you may be seeking for relaxation and to refresh your mind.

Being near a body of water gives one a therapeutic effect, and nowadays, more and more people may seek relief from stress by going to their nearest beach or lake retreat.

Foot Care Tips for Water Activities

However there are things to take note when your feet remain drenched for prolonged periods of time in enclosed footwear.

For instance, it promotes growth of bacteria and fungi. This is why foot care is important while doing water sports or being exposed to bodies of water.

Wear appropriate footwear for your activity- whether it's fishing, boating or just walking along the beach. Water is bound to enter your footwear and you are bound to get wet feet. For each sport, there are specialized shoes that can prevent or minimize the effects of water from harming the feet.

Flip flops are not the ideal shoe for long periods of time while walking near bodies of water, because not all flip flops are designed with proper feet support.

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Lots of fun, but watch out for
your feet!

Foot Care While Doing Water Activities

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Wear appropriate footwear for the activity

Going barefoot is also not advisable because there could be shells or foreign objects that are sharp and wound the feet, making the ideal environment for infection.

After your activities or sports, the feet should be thoroughly dried. Make sure to wipe dry the gaps between your toes too!

Different infections spread when sharing towels; it is best to avoid doing so. An

example of infection that spreads prolifically through this method is the dreaded athlete's foot, which is caused by fungi.

Don't forget – be responsible when going for outdoor activities, to avoid inflicting harm both on yourself and others.

This will go a long way in creating the pleasant, enjoyable summer outdoor experiences that you desire!

David Good visits The Footcare Centre in Canada

On 12 – 16 May, David Good, Clinical Manager, visited the Canadian office of The Footcare Centre in Niagara Falls, Ontario.

David spent the weekend with Clinical Director Stuart Berry and Practice Director Des Armstrong in the brand new office suite within the Stamford Medical Centre.

David spent time observing clinic, meeting patients and took the opportunity to see how podiatric medicine is delivered 'across the pond'!

Stuart and Des enjoyed having David visit and David has returned to Weybridge with some new ideas for the team.



David Good – Clinical Manager