

Monthly Newsletter



Caring for feet
that run

Foot Care for Runners

Running is a sport where injury is common, whether from wrong form, or overuse. Although running can be a great way to exercise, de-stress and improve your overall health, it can give your feet and legs quite a beating.

Follow these five simple tips to keep your feet in tip-top shape.

1. **Make sure you have the right footwear.**

Specialty running stores often provide a complimentary fitting service by knowledgeable assistants who can evaluate your needs to find a pair that suits you best. Replace shoes as soon as they show creasing or have lost their cushioning.

2. **When running, step fast and soft.**

Avoid long, slow steps, this increases body weight forces on each foot strike. All that impact built up over thousands of steps is enough to cause muscle pain and foot injuries.

Instead increase your cadence, meaning you take more steps in less time, with less high magnitude impacts. Recent studies have shown that runners who shorten their stride by 10 percent could reduce the risk of tibial stress fractures by up to 6%.

3. **Ward off blisters and calluses.**

Calluses are thickened areas of skin that form due to repetitive pressure. These can actually cause blisters in the long run. A tip from the pros? Make

Latest/ upcoming developments

- **The Footcare Centre opens a new office..... in Niagara Falls!!**
(See back page for details)

Contact Your Podiatrist

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



Calluses can cause blisters in the long run

Foot Care for Runners

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sure to rub off calluses before a long run. You can use a pumice stone or a foot file made specifically for this purpose.

Blisters are caused by a combination of friction and perspiration. If you already have blisters, don't prick them, as this can create an entryway for bacteria. You can prevent blisters by wearing dri-fit socks that wick away moisture.

4. Muscle soreness, aches

and pains are inevitable. But you don't have to suffer through them.

The tried and tested RICE formula can work wonders: Rest, ice, compression and elevation relieve pain, reduce inflammation to damaged tissues, and speed up healing. RICE is most effective if you do it as soon as possible after the pain occurs.

5. Listen to your body.

When you start experiencing pain in your feet or legs that doesn't go away for more than a few days, bring the problem to a podiatrist who can make a more accurate diagnosis and treat the injury before it gets worse.

Pedicure: A Source of Major Foot Problems

After a long day at work or after a stressful week, all you want to do is to relax and treat yourself to a pedicure. You just want to sit all day at the salon and have your toenails cleaned. So many people love this activity because it is a way to relieve stress and pamper oneself.

Be mindful of some of the foot health problems to be on the lookout for after a pedicure.



Rest your feet and legs and apply cold compress when injured

Pedicure: A Source of Major Foot Problems

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Pedicures are usually harmless, especially if the equipment and chemicals used are properly cleaned, sterilised and prepared. Having beautiful toenails is nice but it's important to keep your foot healthy in the process! It is useful to remember that your podiatrist is a regulated professional – your pedicurist is not!

A potential foot problem can be fungal or bacterial infections. As people come and go everyday double check that single use or disposable instruments are used.

Onychomycosis, or toenail fungus is a common problem seen at the podiatrists clinic and is often propagated by nail polish.



Unclean, dirty pedicure tools are the main sources of bacterial infection



Did you know that baths can trigger skin irritation?

Watch out for skin trauma. Pedicures; foot baths, soaks or over zealous filling create skin irritation leading to skin trauma.

People who have diabetes especially should be cautious when seeking nail care. It is good to be seeking help with feet but always ensure a trained health professional is involved in diabetic Footcare. All of our podiatrists are skilled at diabetic footcare.

Ingrown nails are difficult and painful to deal with and in the wrong hands can be made much worse. Avoid aggressive nail pedicures for ingrown nails.

Toenail fungus is a condition where fungus grows inside the toenails impeding its growth. Covering it up is tempting but be warned.....it may get worse.

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here*



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Pedicure: A Source of Major Foot Problems

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You might have the prettiest toenails, but once this fungus attacks your nails, it will cause thickening, crumbling, hardening and a yellowish discoloration in the feet. It can be very difficult to treat.

Your podiatrist can develop an action plan for you.

If you do like a splash of colour and want to avoid or prevent the spread of a fungal nail infection, give yourself some respite between the nail colour to maintain good hygiene.

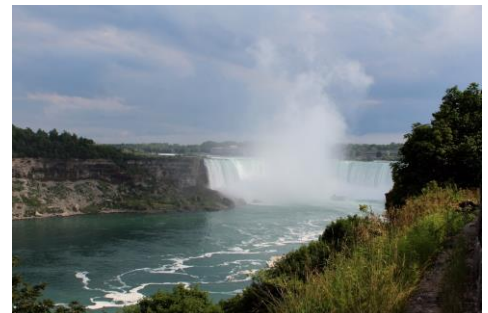
The Footcare Centre open a new office..... in Niagara Falls!

Clinical Director Stuart Berry and Des Armstrong, Practice Directors are so pleased to have opened The Footcare Centre in Canada.

Located within the 'golden horse shoe', a sub region of Southern Ontario encapsulating the Greater Toronto Area and the West of Lake Ontario, stretching south to Lake Erie.

With a population of 8.76 million the region holds approximately 27% of Canada's population. Niagara Falls in one of Canada's most picturesque natural wonders and sits on the Ontario-New York state boarder.

Similar to Weybridge people commute from Niagara Falls into the big cities (Toronto or Hamilton) or live and work in their locality - the Niagara region produces great wines and is a large scale wine producer. The Footcare Centre continues to offer our patients the latest treatments for treating persistent foot conditions such as ESWT shockwave treatment for heel and achilles pain.



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