

# Monthly Newsletter

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Contact Your Podiatrists

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## Children's Foot Conditions and Appropriate Remedies

As toddlers grow up and take their first steps, they may start to experience a range of foot issues, including plantar warts, ingrown toenails, heel pain, and flat feet.

Often, some of the foot issues faced by children correct on their own but you should consult a podiatrist if you feel that your child's problem has persisted or worsened.

### Tips for Balanced Growth

You should follow the tips in order to promote balanced growth and development of your child's feet.

1) From the time they are small, examine the feet of your children closely. Most of the foot problems faced by babies relating to the plantar, arch,

ankles and toes generally go away automatically as they grow up.

However, if you notice that your little one has bow legs, in-toeing, toe-walking, out-toeing or flat foot, and the problem persists, don't put off contacting a medical professional. Early or timely treatment can correct an issue that might become chronic if ignored.

2) Let toddlers remain barefoot indoors: Allowing your child to remain barefoot as long as he/she is inside the home goes a long way in promoting natural development of muscles and bones in the lower extremities. Walking barefoot fine-tunes the traction capacity of the toes as well as improves gait and balance.

### Doh!

*In April, we had 16 patients that failed to attend their appointment!*



## Children's Foot Conditions and Appropriate Remedies

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3) For protection, ensure that the child has their socks and shoes on when preparing to go outside.

4) Plantar warts is a very common foot issue faced by the children where the affecting virus enters the foot's sole via bruises or cuts that occur while playing.

5) Buy shoes that fit appropriately: Though this goes without saying, you need to make sure that your child is wearing shoes that

are a proper fit. Aim for a finger width at the end of the longest digit.

6) Cut toenails straight across, according to the natural contour: Be very careful while cutting toenails. Clipping the nails awkwardly may lead to ingrown toenails.



### Conclusion

A child's feet grow quite fast, and the developmental changes associated with muscle or bone growth can cause foot issues.

Always keep an eye out for any foot problem that inconveniences your kid. Consult your podiatrist without delay if you observe any aberrancy or abnormality! ♦

## Immediate Relief for Ankle Sprains Caused by Sports Injury

Ankle *strains* are not new to people who love to play sports. Whether you're a sports enthusiast, a varsity player, or engage in sports for recreation, you probably experienced someone having an ankle strain at some point in time.

Ankle strains are not life threatening; however, they can cause a lot of pain if immediate relief is not given. To prevent more serious symptoms of ankle strains (such as an actual *sprain*), you have to know the first aid practices to cope with this injury.

Many people who do not understand the word "sprain" often may confuse it with a strain (a mild injury). Unlike strains, ankle sprains are usually more serious, may prevent weight bearing and will swell and bruise

A sprain is an injury that occurs in the joints where ligaments are stretched beyond their limits. An ankle sprain may sometimes go as far as a tear in the ligaments or even fractures.



It is very important to manage ankle sprains right away because they can cause long term discomfort. Once ankle sprains occur repeatedly, you may experience chronic joint pain.

### **RICE**

The best way to treat and manage ankle sprains is to follow the basic principle "RICE". R stands for Rest, I for Ice, C for Compress and E for Elevate. However, before you can do this, you have to stabilize the affected area first with a first aid splint or bandage.

Allow your local urgent care / walk-in clinic determine whether there is a fracture. The immediate use of ice packs to prevent swelling and pain.

For the first 24 to 72 hours you can place cold compress on your sprained ankle for 10 to 20 minutes. At the same time you have to place an elastic bandage in the affected area to prevent further swelling.

Avoid walking or doing activities for the next few days to prevent aggravation of the ankle sprain. It is also important to elevate the lower extremity with the sprain so that fluids and blood will not be able to settle in the feet.

## Immediate Relief for Ankle Sprains Caused by Sports Injury

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Aside from these first aid practices, you can also follow a pharmacological regimen – to relieve pain and swelling ask your pharmacist what medication is best for you.

If persistent pain and swelling occur even after applying all these techniques, you should consult your podiatrist as soon as possible. Long term changes to footwear choices, the prescription of foot orthotics and physiotherapy may be required. ♦

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



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### Take care of your feet with rest and exercise

Sitting with your feet up for 10 minutes after a long day helps circulation. To refresh feet, massage gently with a foot roller, or better still, ask your partner to massage your feet.

Calf stretches help to keep feet supple and keep a good range of movement. To stretch your calf and heel, stand facing a wall with feet hip width apart and slightly bent at the knee. Take one step forwards, and using your arms to lean against the wall, keep your leg in front bent and the leg behind straight. Both feet should be flat on the ground.

Lean in towards the wall, as you do, you should feel your muscles stretching in your calf and heel. Hold and slowly return to a standing position. Do this with each leg about five times. Seek further help if you experience problems doing this exercise.

Circle your feet ten times in each direction, keeping your leg as still as possible. Consciously straighten your toes and wriggle them around. Raise, point, then curl your toes for five seconds each, repeated ten times – this is particularly good for toe cramps or hammer toes.

Circle the alphabet with your feet. (A good exercise you can do while sitting at your desk in the office.) Following a daily routine to keep your feet clean and free from infection will help prevent potential foot problems.

Wash your feet every day in warm soapy water (don't soak them, as this might destroy the natural oils) and dry thoroughly, especially between the toes. If you can see and reach your feet cut them after a bath when the toe nails are softer. Trim your toe nails regularly, using proper nail clippers. Cut straight across, not too short, and not down at the corners as this can lead to in-growing nails. File them, if that is easier.

Any minor cuts or abrasions should be covered with a clean dry dressing, and blisters should be left to dry out on their own. If they burst, apply a clean dry dressing, but do not burst them yourself.

Seek professional treatment if they do not heal quickly. Wounds (sometimes called ulcers) should be assessed and treated as a matter of urgency within 24 hours, especially if there is redness or swelling around the area, or were you have previously been warned to seek immediate attention.

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