

Monthly Newsletter

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Making the most of wet weather!

Foot Care in Autumn Weather!

With the changing of seasons, the weather becomes unpredictable especially during autumn. Rain might suddenly fall without any prior warning and our feet will become exposed to cooler temperatures and moisture.

Ways to Take Care of Your Feet in Wet Weather

The best way to take care of your feet is to always keep them warm and dry! If water comes into contact with the feet, then dry them immediately. Use a clean towel to remove any moisture; be sure to include the gap between the toes when drying your feet.

You should also wear waterproof shoes if you expect rain while you're out. This way, the water will not penetrate to the interior of your footwear, which will help in maintaining

your feet's dryness.

Wearing open-shoes or flip-flops is not advisable when it is raining. Try to protect your feet from slips, slides, friction and rubbing, whilst ensuring they remain nice and toasty in the cooler weather.

Remember, bacteria can be opportunistic which could cause unwanted infections.

Layer up and wear insulating socks along with waterproof footwear. Preventing cold feet and toes will reduce the risk of problems such as chilblains.

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Latest/ upcoming developments

- We say a sad goodbye to our reflexologist Tracy and wish her all the best with her move to Ireland.

Contact Your Podiatrist

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It's important to keep your feet dry

Foot Care in Wet Weather! (Cont'd from previous page)

Fussing over Feet?

Just as you may take care of your hair, skin and other body parts, your feet should be just as important- They help you stay active, fit and mobile!

At the end of the day, regardless whether it's rain or shine; summer or winter; proper foot care should be a year-round affair!

Heel Fissures

You may know heel fissures as cracked heels. Don't treat heel fissures just as a cosmetic problem or a nuisance! All too often a fissure can lead to complications, such as an infection as a result of these – especially in those with circulatory problems or diabetes.

Characterized by their linear crack-like appearance, fissures typically affect the surface level of the skin called the epidermis. If left untreated, they can penetrate deeper into the dermis of the skin, become painful, cause bleeding and infection.

Causes

Anyone can be affected by heel fissures, but individuals who have a higher risk of fissure development tend to have one or more of the following characteristics:

- Living in climatic extremes
- Obesity
- Habitual use of sandals, open-back shoes, walking barefoot at home!
- Inactive sweat glands
- A callus (thick, hard skin) affecting the heel area that is prone to cracking on pressure
- Prolonged standing at home or work, especially on hard floors
- Other diseases or disorders, such as psoriasis, eczema, athlete's foot, diabetes, or thyroid disease
- Loss of skin elasticity.

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Watch out for cracked heels...



Living in a dry climate, and not wearing proper footwear, can cause heel fissures

Heel Fissures (Cont'd from previous page)

- Poor fitting shoes
- Over soaking feet too frequently
- Deficiency of vitamins or minerals

Commonly, individuals that are continuously on their feet exerting pressure to the heel area, and seniors, are affected by heel fissures.

Treatment Options

Daily use of a file or pumice stone can gently decrease thick, callused dry or flaky skin. To improve the condition, shoes with strong good absorption should be worn. Moisturizer should be applied to your feet at least once or twice a day. Wearing socks to bed after applying a moisturizer can help to retain moisture. Urea based moisturisers are often helpful – ask our team to advise you.

Prevention

Whether you are trying to prevent heel fissures or actively treating current ones, regular moisturising of the feet is necessary. Avoid walking barefoot or wearing sandals, shoes with thin soles, or open-back shoes to keep the affected areas protected and properly supported, whilst preventing dehydration of the skin.

Home Remedies – The ‘Do-Nots’

Whilst it may be tempting to soak your feet to soften them – this will make your fissures worse!

Soaking will dehydrate the skin further – washing off the precious oils that keep your skin healthy and supple.



Applying moisturizers can work wonders

Remember – Wash and dry but don't 'soak'.

Other 'Do-Nots' may include

- Don't use sharp implements
- Do not pick at the fissures.
- Do not use corn or callus plasters on heel fissures as these have acid in them.

Remember, your podiatrist is here to help in the event that you need help with foot conditions!

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*The Care,
Professionalism and
Time that your feet*



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Iselin Disease

Iselin disease is a very painful inflammation or swelling of the growth plate at the base of the 5th metatarsal bone (the bumpy bit on the outside of the foot a 1/3 of the way up from the heel).

This growth plate which is made up of cartilage fully fuses into bone around the age of 12-14 years old. Before the growth plate matures it is soft and vulnerable to trauma especially from running and jumping activities. A similar condition is also seen within the heel called Severs disease; both diseases are generally caused from repetitive pressure or tension on the growth plate.

With Severs disease tension comes from the Achilles Tendon however in Iselin disease it mainly comes from the peroneal brevis tendon that inserts into the base of the 5th metatarsal. Abnormal foot posture combined with unsupportive footwear can be a contributing factor in both of these conditions.

A common presentation is found in children that are active between the ages of 9-14 (The patient was a 10yrs old gymnast at an elite level) that have a localised pain with swelling, redness and possibly warmth on the outside of the foot that causes the person to limp. Pain worsens upon exercise and feels better at rest.

Treatment of the condition may include any of the following:

- Stretching and possible manual therapy through foot mobilisation of the calf and peroneal tendon
- Rest
- Icing
- Strapping
- Orthoses or insole therapy
- Low level laser therapy
- Bracing
- Footwear advice

Depending on the severity, Iselin disease with the correct treatment can settle relatively quickly.

Other conditions can present similar to this and therefore needs to be effectively diagnosed so if you or your child is suffering from pain on the outside of the foot then please call us 01932 849373 or [book online](#).

This article is reproduced from a blog on the website <http://www.thefootcarecentre.co.uk/news-blog/iselin-disease/> written by David Good.

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