

Monthly Newsletter

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Latest/ upcoming developments

•All our podiatrists will be attending the annual College of Podiatry conference in Glasgow. As a result, the surgery will be closed on the following days:

Thursday 17th November 16
Friday 18th November 16
Saturday 19th November 16

Latest Technology in Running Shoes

Traditional running shoes have evolved greatly for years to achieve the utmost comfort and improvement in your running activity. Manufacturers also provide improved materials for better protection from injuries.

What shoe features are best for running?

Running shoes tend to have features such as foams or gels located on the heels, forefoot, and toes which is unlike traditional shoes which consist only of a simple outsole.

These foams or gels are located at the areas where weight is shifted when one walks or runs. It serves as a shock absorber, reducing impact and instead, shifting these forces to the shoe materials. It also acts like a spring- even under light loads. The special materials return with “spring back” helping energy and speed.

Another feature that you might have noticed is that some running shoes are getting lighter and more flexible. Whilst some runners may find light running shoes help with speed or claim that the flexibility and light weight also allows their feet to feel more natural, many runners will benefit from a much more structured running shoe.

Contact Your Podiatrist

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Latest Technology in Running Shoes (Cont'd from previous page)

Wrongly fitted shoes can cause injuries and deformities. They can also cause spinal problems due to wrong shifting of weight and imbalance.

Some shoes are designed with gait or foot types in mind. They are designed in such a way they complement your running form and style.

There are several types of running shoes, depending on the type of running activity you do. They sell shoes for long runs, gym,

general purpose, or for sprints. All these types have different features that are specifically designed for your kind of running activity.

Whether you're joining a marathon, running on a treadmill, or flashing to that 100 metre dash, your feet deserve the best pair of running shoes to achieve maximum performance.



Seniors and Regular Foot Check-ups

As we age, our feet are not exempted from the aging process. This may be due to over usage, previous injuries, diseases, or simply just not taking good care of them in their early years. It is said that one out of three seniors experience foot problems and pain.

What could be the risk factors of having foot problems in the future?

Although it is nonspecific and unclear, these are the common risk factors that are

suggested by researchers and health care providers:

1. Obesity- overweight people have a higher prevalence of having foot problems in the future. Research shows that obesity causes increased plantar surface pressure, particularly on the midfoot and below the toes.

Seniors and Regular Foot Check-ups (Cont'd from previous page)

2. Females- this is due to the usage of high-heeled shoes with a narrow toe box. Elevated heeled shoes increases plantar pressure on the toes, making women's feet more prone to have toe deformities.

3. Existing multiple chronic disorders- studies suggest that foot pain in older people is usually due to generalized osteoarthritis or systemic pain syndrome. Other diseases that affect the foot include diabetes, rheumatoid arthritis, stroke, and multiple sclerosis.



Foot problems can have knock on effects - this may be especially so for the infirm or some seniors. Factors associated with foot problems such as limited walking may prevent those at risk from doing his or her routine daily activities.

Foot problems may also increase fall injuries as a result of altered functional base support of the foot when walking. The impact of treating those foot problems has the potential to impact on one's physical, mental, and social well-being.

Avoiding the risk factors is substantial in reducing the occurrence of foot problems. Proper diet and exercise, footwear considerations such as avoidance of wearing elevated and tightly-fitted shoes, and treatment of underlying medical conditions may prevent worsening of foot disabilities.

Routine check-ups to your podiatrist may also help identify potential problems early on, and have them treated!

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*The Care,
Professionalism and
Time that your feet*



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The Footcare Centre working in conjunction with Weybridge Sports

Over the last couple of months ourselves and Weybridge Sports have had meetings in which training has been supplied and projects have been discussed, so this blog is to inform patients of a couple of initiatives we are involved in.

Back in July Clinical Manager David Good hosted a training session with 3 staff members of Weybridge Sports. This session involved David carrying out a biomechanical assessment on one of the members so that they have an insight on problems we regularly come across, and also points they could use or pick up on in the shop.

This combined with their already expert knowledge can then be applied to give you the most suitable trainer or advice for your foot type.

Whilst during this training Tom the Manager of the Weybridge Sports mentioned he was the event director of Weybridge 10k, therefore a further meeting was organised to discuss how we as a company could possibly get involved in this fantastic local event.

Firstly, a little bit about the event..... organised by the Weybridge Sports Shop, this fully chip timed road 10k is the first run in Weybridge that takes you through the high street and past the town monument. The running route that starts and finishes at the Weybridge Health Club & Spa and takes you past the river, through the town high street and by Walton Bridge.

We have now fully discussed how we can be involved in this event and once details are finalised these details will be distributed via our newsletter and blogs.

For further information and entry to the event please visit <http://www.weybridgesports10k.co.uk>.

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