

# Monthly Newsletter



Foot Care is important regardless of your age

## Latest/ upcoming developments

- Podiatrists are looking forward to having their yearly Resuscitation Training this month

## Contact Your Podiatrist

The Footcare Centre

**01932 849373**

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

8 Monument Green  
Weybridge  
Surrey  
KT13 8QS

## Foot Care Routines for Seniors

As we get older, we may develop some medical issues. As well as managing general health conditions, it becomes important that elderly people maintain healthy feet.

By following these simple routines, you can keep your feet healthy, way into "The golden years"!

### Regular exercise

Daily exercise can help seniors have healthier feet since it maintains both circulation and nutrition to joint cartilage. Walking is a good form of exercise for the feet as it is not high impact.

Exercises such as "newspaper crunching" with your toes or rotating a tennis ball under your foot can both strengthen and massage the feet.

### Regular cleaning

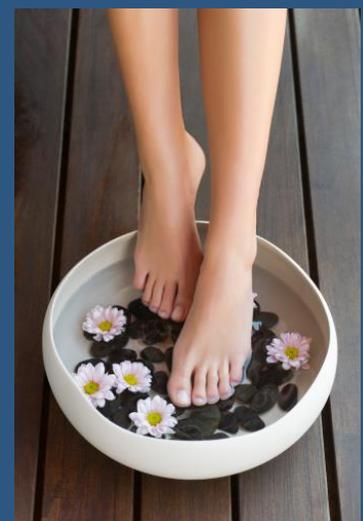
Feet should be washed daily. Use washing aids as necessary to reach between the toes with unperfumed soap and warm water.

Thorough daily washing should be followed by thorough drying. Prolonged soaking may excessively dry out skin even more. Gently pat dry instead of rubbing – fragile skin will be less irritated.

Moisturisers are best applied after washing, though do avoid the toe webbings!

### Proper care for toe nails

Well maintained toenails remain comfortable and less likely to ingrow, however some of our patients may have more difficulty caring for their toes because of difficulty bending or gripping.



The best for your feet

## Foot Care Routines for Seniors

(Cont'd from previous page)



Check them regularly!

Therefore, our team is experienced in helping those in need, keeping their toenails in good shape.

The toes should be free from curling edges, ingrowing, thickening and infections.

### Proper foot wear

Wearing the right kind of shoes (and socks) is crucial as well. The right shoes should provide grip, support as well as comfort. They should be just the right fit.

You should also steer clear from shoes with slippery soles. In addition, unless prescribed, you should use socks without elastic tops to ensure circulation is not restricted.

### Check regularly

The feet should be checked regularly to see if there is any bruising, swelling, redness or irritation. It is also advisable to have your feet checked by a podiatrist at least once a year, unless advised to do so more often by your health professional.

## Arthritis Foot Care

Arthritis is an inflammatory condition affecting joints and associated structures that can be very painful. There are many types of arthritis and unfortunately, many types affect the feet. Walking and moving the foot can be difficult because of the joint pain experienced.

A common arthritis is “osteoarthritis” (known as wear and tear arthritis). Here are some tips to help you relieve pain and improve your foot health!

### Effective tips to managing arthritic foot

#### Choose the just right shoes

Shoes are the basics when it comes to taking care of the feet.

(Continued next page...)



Pain is a common complaint for arthritis patients

## Arthritis Foot Care

(Cont'd from previous page)

Since arthritis can cause unusual pressure areas, lumps or bumps, it is very important that your body weight is distributed appropriately over the foot so that it does not cause over-loading, pressure sores (ulcers) or pain.

Square toe box shoes and laced shoes are preferred for patients with arthritis. Make sure that shoes are lightweight with a soft bottom. Lightweight running shoes are often ideal.

### Mild foot exercise

Just doing some simple, non-strenuous exercises can improve your foot health. The exercise can be as simple as wiggling your

toes!!! Cartilage in joints gains its nutrients by joints being moved and used!

Maintain mobility, since muscles may be affected by painful arthritis warming up and doing gentle stretching on a daily basis may help.

### Try a foot massage

Hands on massaging has a soothing, beneficial, relaxing effect on our body, so try massage to help your arthritic joints. You may find a visit to our reflexologist may help you manage your symptoms as well.



### Keep visiting your Podiatrist.

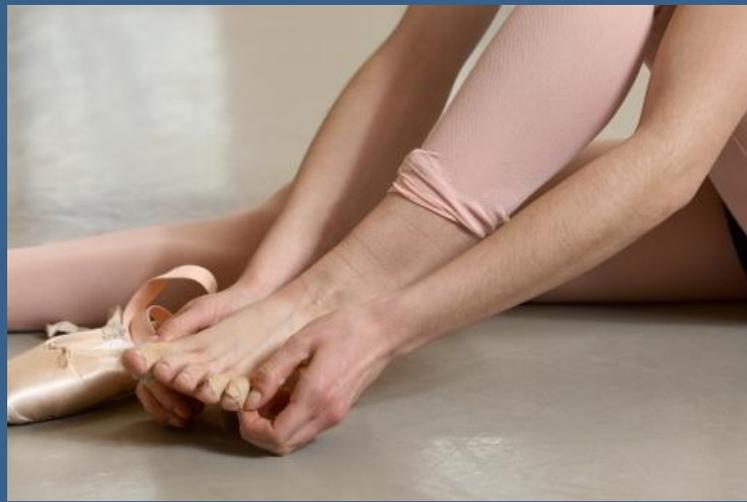
Let your podiatrist examine your feet from time to time. He/ she can recommend you the best footwear and treatments for managing your condition.

## Plantar Fasciitis

Are you experiencing pain in your heel or in the bottom of your arch? Does the pain and stiffness worsen when you first start walking in the morning and decrease as the day goes on? You might be experiencing a case of plantar fasciitis!!

“Post Static Dyskinesia” (or heel pain upon getting up) is one of the most common symptoms of Plantar fasciitis. Plantar fasciitis can be caused by footwear that lacks support, weight gain, overly high arches or flat feet, and activities such as running or dancing (especially without proper stretching).

If your job requires you to stand for long periods of time, such as nursing or sales assisting, you are more prone to overstretching your plantar fascia.



Dancing or running without proper stretching may cause plantar fasciitis

Plantar fasciitis refers to the inflammation of the plantar fascia, which is a thick fibrous ligamentous-like structure that runs along the length of your arch and connects from the heel bone up through your toe joints.

Whenever you move your foot, you are also loading and straining your plantar fascia. If you suddenly overstretch your sole during a movement, it could cause micro-tears on the plantar fascia which in leads to pain and inflammation.

A thorough physical exam from your podiatrist should be enough to diagnose plantar fasciitis, although sometimes radiographic imaging may also be needed in order to rule out other possibilities for heel pain.

### How is plantar fasciitis treated?

While a tweak may settle in a few days if nursed appropriately, It can often take several weeks to treat plantar fasciitis.

With time plantar fasciitis becomes chronic plantar fasciitis a chronic and degenerative change in the structure of the plantar fascia....Our advice....seek treatment early!

Like many other foot ailments aggravated by activity, plantar fasciitis is relieved by the standard RICE therapy: rest, ice, compression and elevation.

Applying an ice pack to the area for 15 to 20 minutes 3 to 5 times a day, as well as taping your foot with athletic tape to compress and off-load the area,



Step by Step

## Plantar Fasciitis

(Cont'd from previous page)



An X-ray may be required to factor out fracture

can greatly reduce pain and slowly reduce inflammation. NSAIDs (non-steroidal anti-inflammatory drugs) may be advised by your podiatrist to help relieve the discomfort of plantar fasciitis, whilst controlling inflammation.

Our heel pain clinics are well set up to offer all the treatments you may need to treat early(acute) or long-standing (chronic) plantar fasciitis (plantar fasciitis).

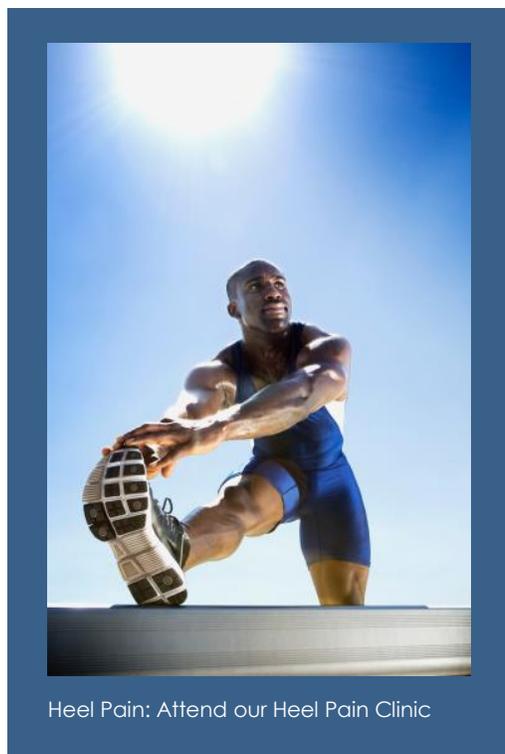
Our podiatrists may prescribe orthotics, deliver ESWT Shockwave therapy or offer corticosteroid injections to the area. While you are recovering, you should avoid running and other activities that put stress on your feet until the pain is gone.

### How can you prevent plantar fasciitis?

To prevent plantar fasciitis from recurring, you should always make sure to warm up and stretch before physical activities. If you are overweight, losing weight may help reduce tension on your plantar fascia.

Avoid completely flat footwear like pumps. If you have high arches or flat feet, there are orthotic devices podiatrists are uniquely trained in to help treat plantar fasciitis and the biomechanics associated with it.

If you jog or run regularly, make sure you wear the right running shoes for your foot type. Each runner has his own gait and shoe requirements. If you are unsure whether you should wear a neutral shoe, stability shoe or motion control shoe, see one of our podiatry team for gait analysis.



Heel Pain: Attend our Heel Pain Clinic

## Toenail Fungus- What to Do?

Toenail fungus is a condition primarily caused by fungi called dematophytes invading the toenails. A common type of fungal infection is athlete's foot affecting the skin and toe webbings and is sometimes also present.

Four appearances of nail fungus are seen:

- 1) Ones infecting from the end of the toe nail and side.
- 2) Ones infecting from the cuticle end of the nail.
- 3) Ones infecting from the surface of the nail.
- 4) Ones infecting the entire nail and its growth area.

### Prevention

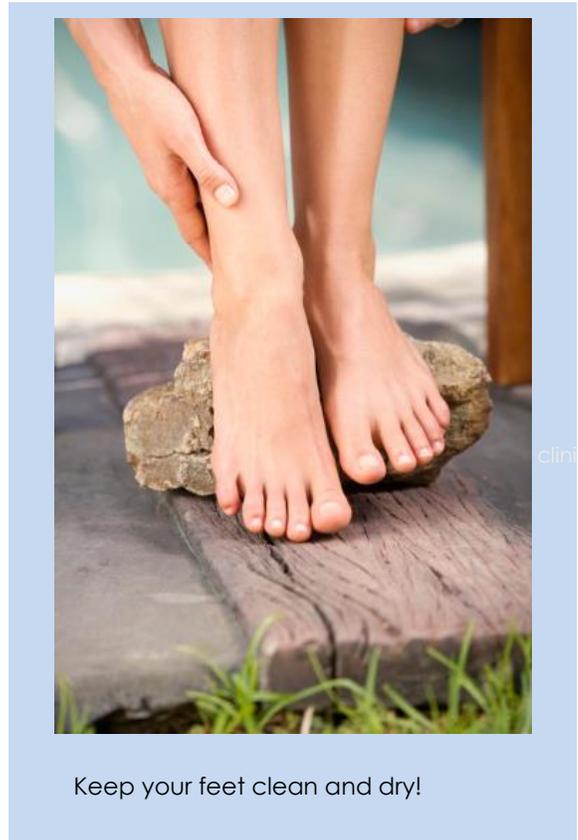
In order to prevent toenail fungus, you should keep your toenails short and clean. This will prevent nail trauma which can lead to invading fungi.

Keeping your toes and nails dry will also help prevent this condition from developing. You must ensure that your feet and shoes are aired and dried after you return home each day. Wash and dry daily. Avoid long periods of wearing nail varnish.

### Symptoms

There are some common symptoms of toenail fungus, including a white, brown or yellow discoloration or a thickening or crumbling of the nail.

Changes in nail shape or secondary bacterial colonization leading to an odour may also be present.



### Treatment and Care for Toenails

If you suspect infection, clean the affected areas regularly. Use different towels to dry off the infected skin area.

Seek an appointment with the podiatry team to ensure other nail diseases are not present which mimic fungal infections.

Your podiatrist will advise on appropriate action and treatment options.

The Footcare Centre  
8 Monument Green  
Weybridge  
Surrey  
KT13 8QS  
Phone:  
01932 849373

E-Mail:  
[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

Web Site:  
[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

The Care,  
Professionalism and  
Time that your feet  
deserve



Like / Follow us.....



[www.facebook.com/thefootcarecentre](http://www.facebook.com/thefootcarecentre)



<https://twitter.com/footcarecentre>

## Spotlight on.....Celia Poupart – Receptionist



### Tell us a little of your history before joining The Footcare Centre?

After bringing up two boys, I worked in the paint and wallpaper industry's trade association for a number of years.

### How long have you worked at The Footcare Centre?

I have worked for the Footcare Centre for about seven years and prior to that for the previous owner for a couple of years.

### What do you enjoy about working at The Footcare Centre?

The variety in the job, dealing with the patients and the great working atmosphere between the staff.

### What aspect of your job provides you with the most satisfaction?

Finishing my shift without any hiccups.

### What have you learnt from the patients at The Footcare Centre?

All patients are different but the common theme after treatment is how good their feet feel and they are now walking on air.

### What do you enjoy doing when you are not at work?

When not working I enjoy walking, patchwork and any crafts.

### So.....what are your feet like?

In good shape thanks to our podiatric team.

## Calendar of Events

The practice will be closed on Thursday 13<sup>th</sup> November and Friday 14<sup>th</sup> November.

The podiatry team will be attending the College of Podiatry's annual conference in Bournemouth.

**"Attribution"** All images are from Jupiter Images, unless otherwise stated."