

Monthly Newsletter

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Have feet, will travel!

Clueless About Calluses?

Do you put a lot of miles on your feet? Walking around in bare feet is a sure fire way to put your delicate foot at risk. A sharp rock is all you need to experience trouble!

The bottom of the foot, where the arch is, is one of the most tender and sensitive areas of the foot. People are ticklish in this area, and you will hardly ever find a callus on the arch of the foot.

The heel? Sides of the toes? Front toe area? These are callus hotspots, the places where the skin gets rubbed against your shoe or other type of footwear.

What exactly are calluses?

Calluses are thickened and hardened parts of the skin, which have been subjected to friction.

People who wear large work

boots will often get calluses on their feet, as will women who wear heeled shoes, and other fashionable footwear types which regularly work new areas of the foot.

Calluses are formed as a natural defense mechanism- When your skin comes under pressure or friction, it thickens to protect the underlying tissues.

Managing calluses

So, how does one go about dealing with these calluses?

Here are some things you can do to manage your foot calluses so that your skin will become less painful or problematic in the usual callus zones.

(Continued next page...)

Latest/ upcoming developments

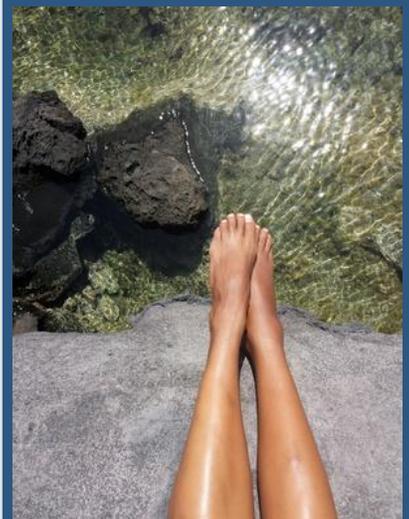
- Check out our 2 for 1 offer on our Klenz machine. Ask at reception for details

Contact Your Podiatrist

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

Web:

www.thefootcarecentre.co.uk



Overcoming wear and tear...

Clueless About Calluses?

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1. Lube it up. Grab some quality hydrating foot cream (called emollient) and rub it into your hard spots. This will help the skin restore itself before hardening into a brittle patch. Ask us for the emollient we stock!

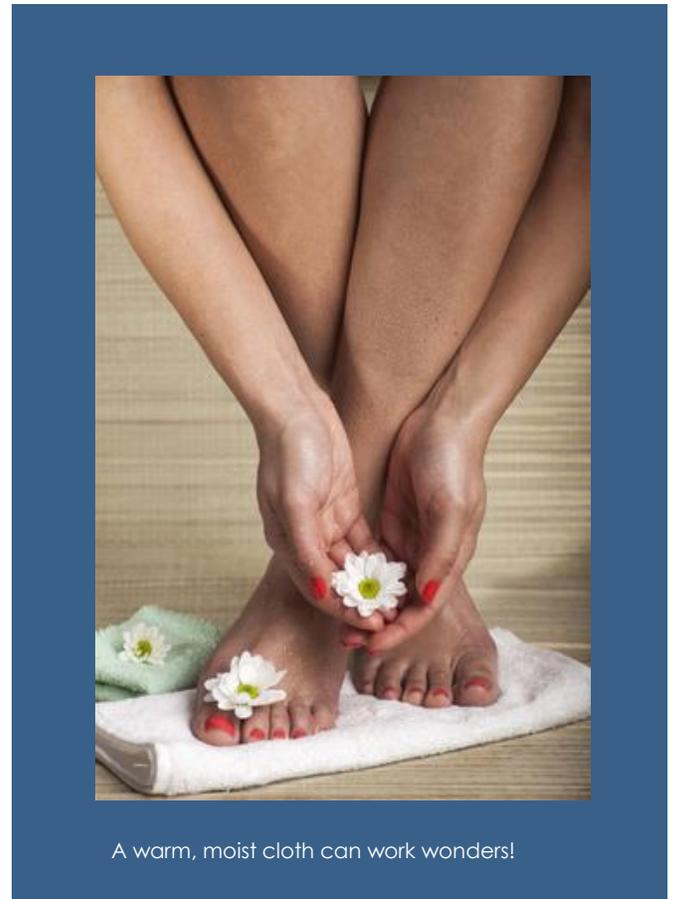
2. Use a nail file and start grinding the dead skin away. Run the file back and forth along the hardened skin to wear away the callus. Not taking enough skin off? Use a bigger foot file. Do not cut or peel of calluses or use callus remover.

3. Change your shoes. Use a different pair of shoes that have depth, width, cushioning and a fastening. The sensitive areas do not get irritated by the shoes and cause friction or pressure

Many gladiator sandals flip flops, tight or overly loose styles can cause cuts or friction on the foot when walking distances or performing strenuous activities.

4. Revitalize intact skin by using a warm or cool compress, aloe vera and some soothing foot cream.

Try this a few nights in a row, and your feet will be feeling as good as new in no time!



Toenails!

Many people have toe nails of varying lengths. One of the things your podiatrist might advise is that you should keep your nails trimmed to an adequate length.

Cut them too short and your nails might bleed; let them grow too long and they might cut your socks or scratch.

The following are tips to keep in mind if you wish to avoid discomfort.

1. Find a nice toenail clipper.

Use the right size clipper or nipper. Since nails tend to be quite brittle, it is important to find a wider clipper for bigger nails rather than a small finger nail clipper. You can get these at the pharmacy.

An alternative to a clipper is a straight edged nipper. Just make sure you trim straight across and do not cut down the sides of the toenails. Don't poke, pick or tear nails – rather manage them properly. Remember, if you struggle or have medical problems like diabetes, podiatrists are here to help.



You'd certainly want to avoid accidents with toe nails!

2. Use Nail Scissors

Nail scissors are special small black scissors that are designed to trim the toenail.

Remember not to cut down the sides of your nail, rather following the contour of your toe or cutting straight across.

3. Use a Nail File

Once you have the clipping and trimming done, simply use a nail file or emery board to prevent snagging and smooth off rough edges. Gently round any sharp corners.

Remember if you have any problems after managing your toenails, podiatrists are here to help.

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Phone:
01932 849373

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info@thefootcarecentre.co.uk

Web Site:

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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*



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Stuart Berry - Continuing Professional Development

Congratulations to our Director, Stuart Berry on recent professional accomplishments this summer.

Stuart has been awarded the designation “Chartered Scientist”!

Chartered Scientist is a professional designation, awarded by professional bodies in conjunction with the Science Council in the United Kingdom through its member organizations

Chartered scientists are professionals who are practicing at the full professional level for whom scientific knowledge or practice forms an essential element of their role and is an assurance that an individual is practicing at the forefront of their profession and remains competent throughout their career.

To qualify for the Chartered Scientist designation applicants must possess a combination of high-level scientific knowledge and experience. Typically meeting the CSci competencies is demonstrated by years of post-graduation-level experience and an accredited Masters Qualification (or equivalent).

Stuart Berry has been awarded the designation through the College of Podiatry in the UK who state that the “CSci award provides a chartered status for podiatry, allowing the professional work of our members to be recognized on an equal and distinguished basis, as foot scientists.”

Serving the Ontario, Canada College as an Expert

Further acknowledgement of Stuart Berry's skills and experience has been noted by Ontario's regulator, The College of Chiropodists of Ontario.

Demonstrating to the College of Chiropodists of Ontario evidence of his skills and special interests in biomechanics and orthotics Stuart Berry has been informed that he has been selected to serve the College of Chiropodists of Ontario in the subject matter category of Biomechanics and Orthotics.

Congratulations Stuart!

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