

Monthly Newsletter



Safety and comfort when hiking!

Foot Care While Hiking!

Every adventure-loving soul loves to experience breathtaking sceneries. While our eyes allow us to appreciate the beauty of the surroundings, we can never reach places without our walkers. It is important that care and consideration always be given to our feet when hiking. Follow these basic tips:

- 1) Feet warm-up. As with exercising, hikers need a warm-up to avoid getting strained and injured. Get used to walking by gradually increasing the distance and cadence each day. That way, your feet's muscles, tendons and ligaments are prepared for a more strenuous activity.
- 2) Pack light. If you carry a pack with you, make sure it is enough to carry all your hiking essentials and not too heavy to injure your body especially your feet. Walking

puts much pressure on your feet as you carry your body weight and what whatever you take along with you. Packing lightly reduces the chances of getting sore and aching feet.

- 3) Wearing the right, comfortable, and activity specific footwear. Aside from carrying a light pack, it is a must that you wear a pair of shoes that has a good fit and is designed for the task! Wearing shoes that compress your feet or are too loose will pose harm, as will overly flexible shoes. You can either slip with your loose shoes or get swollen feet if it's too tight. Secure your ankle and heels at all times especially when going for long hikes and on rough terrains.

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Latest/ upcoming developments

- Check out our new Foot Mobilisation Treatment (see back page) pick up a leaflet at reception.

Contact Your Podiatrist

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Confident steps

Foot Care While Hiking!

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Great foot care goes a long way

- 4) Cushioned and breathable socks are recommended. Socks should also go with your shoes. Consider the type of socks you wear as you need ample room for your feet once you put on your shoes. Don't use overly thick socks that can cause your walkers to sweat.
- 5) Rest your feet and give a soft massage. Take a break so you can elevate your feet and allow it to breath by removing all your footwear. A gentle massage on your toes can provide a quick relief too.
- 6) Observe proper foot hygiene. At the end of a hike some Epsom salt with lukewarm water, can soak away aching, to attain relief and refresh your walkers at the same time. Always dry well.
- 7) Treat hotspots. With your emergency first-aid kit, include foot treatments and don't wait for hotspots to turn into blisters.

5 Ways to Improve Blood Circulation

You know the stories about people getting "Cold Feet" – including the traditional references about those who feel like they are having a "change of heart" before a big decision. But that's not what we are talking about here!

Cold feet can be a weird sensation in your foot that can occur when the foot is surrounded by wet or damp socks or shoes. This can occur when the foot gets damp through perspiration or by shoes wicking in moisture.

In extreme cold, like that found in the more northern regions of the USA, Canada, Asia, and Europe, toes can also suffer from "cold feet injury" something known as frostbite.



Improving blood circulation!

5 Ways to Improve Blood Circulation (Cont'd from previous page)

There cold air slows down circulation so much through vascular constriction that your toes get extremely cold and can even go numb from loss of feeling.

If you suffer from cold feet, experience the feeling of cold feet on a regular basis, or plan on travelling to an area where the air is cooler, then take note of the following 5 Ways To Increase The Circulation To Your Feet:

1. Keep moving!

When you walk or stomp your feet it gets the blood pumping. Keep feet active and moving to warm them up and keep them warm.

2. Rub your feet.

Take your foot with your hands and start rubbing it. How does it feel?

3. Soak your feet in warm NOT hot water for 15 minutes. This helps get the blood flowing by encouraging gentle vasodilation



4. Wear looser socks or tights. Many of the foot's veins can get constricted by fabrics that are too tightly wrapped around the foot. Wear socks which wick moisture away from the skin.

5. It is essential that you tell your podiatrist of any concerns about the circulation to your feet: Podiatrists are able to assess the circulation to and perfusion in your feet, ruling out potential vascular disease.

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The Care,
Professionalism and
Time that your feet



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Franc Pirc Attends Foot and Ankle Joint Mobilisation course

I was recently fortunate enough to attend a course on foot and ankle joint mobilisation. This has always been an area I have been particularly interested in as physical therapies offer an effective adjunct to other conservative foot treatments as well as being useful post-surgery.

Feet are mechanical structures that rely on 33 joints in each foot gliding and moving harmoniously with one another to allow efficient foot function overall. It is therefore reasonable to suggest that any tightness within a given joint would lead to compensation of adjacent joints resulting in functional dysfunction of the foot. This dysfunction could then lead to stresses on joints and soft tissues causing overuse injuries.

Joint mobilisation, as the name implies, works on the principle of bringing motion to joints that are rigid or stiff to lessen any of the compensatory mechanisms mentioned above that may be causing pain or indeed future injury. The techniques of mobilisation are always very gentle and within the natural range of motion of the individuals joints so minimising any risks. The force used when mobilising joints would be less than those involved in simply standing up on the feet therefore making the techniques completely safe.

Contra-indications for joint mobilisation are very limited including only joint replacements, hypermobility syndromes and flaring joints in rheumatoid arthritis.

Mobilisation is generally recommended on a weekly basis for a course of around 4-6 20 min treatments. The effects are often long lasting and will only require a 'top-up' every 6-12 months generally but every condition and individual can differ quite considerably.

Examples of conditions that can be helped with this type of treatment include:

- Hallux limitis/rigidus (a painful condition of the big toe joint)
- Plantar fasciitis (painful heel/arch)
- Cuboid syndrome
- Achilles Tendinopathy
- Mortons neuroma
- Arthritic pains

Joint mobilisation is definitely to be considered as an adjunct to treatments such as orthoses therapy and exercise rehabilitation for a variety of osseous and soft tissue conditions so do speak to your podiatrist more information if this might be an avenue for you.

This has been written by Franc Pirc – Podiatrist and is his opinion and not necessarily The Footcare Centre Ltd

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