

Monthly Newsletter

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Latest/ upcoming developments

- We welcome Paul & Nikki to The practice, and look forward to working with them.

Contact Your Podiatrist

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How to Choose the Right Shoes for Your Child!

Imagine a child having a rough day on the first day of school because of “bad” shoes. Not a good first-hand experience you would want for a child, right?

Simple things such as choosing the best pair of shoes for active school life contribute to his/ her activity and well-being at school every day!

These are some tips to remember when buying school shoes for your active child:

1. The right fit.

The right fit enables comfort even after a long day at school. It should allow toes to move freely and, at the same time, should not slip. A wide laced shoe gives enough space whilst being supportive. Ensure a fingers width beyond the length of the longest toe

2. Pain-free.

Pain is usually a sign of a foot disorder. Pain may indicate blisters, corns, or wrong alignment of the feet. Pain may limit a child’s activities while at school.

3. Good support is available.

Supportive devices such as custom orthotics can help to treat foot disorders and foot pain, by reducing tension on the weight bearing areas of the foot (forefoot, toes, and heels) and help improve gait problems.

Good footwear ensures proper alignment of the foot with every step, keeping the body in proper form when walking.

4. Pair it with good socks.

Good socks help provide reduced friction and increase comfort. They absorb or wick moisture and dry easily.

Good socks can protect bony protrusions and keep the foot dry. This prevents fungal infection, corns, blisters, and calluses. Socks also keep your feet snug inside your shoes, reducing slippage.



Summary

You can prevent your children from having a bad day by following these easy steps. Make their school moments worth remembering by providing them with good shoes! If you have a concern about your child's gait or foot pain, schedule an appointment with your podiatrist today.

Managing Dry and Calloused Feet

A **callus** is a thickened area of skin usually found over bony prominences, brought about by persistent pressure and friction on that certain area.

Dry and callused feet are very common especially as we age, but are usually not recognised as a problem immediately.

Calluses on the feet are usually a result of friction and / or pressure associated with poorly fitted shoes deformity, tissue thinning or faulty foot mechanics.

When calluses progress into larger or thicker lesions, they can bring significant discomfort or pain when walking.

Dry skin tends to exacerbate calluses.

Here are some helpful tips to prevent dry feet and persistent calluses:

1. *Use short term paddings* - paddings serve as a support to your feet. They prevent constant and persistent contact of your feet against the inner surface of your shoes that can bring about friction. Ask about appropriate short-term paddings when considering orthotics.

2. *Hydration and moisturisers* - dry feet need hydrating. Application of foot moisturiser everyday becomes important.

3. *Good socks* - good socks also serve as an additional padding and reduces friction.



4. *Application of orthotics* - Calluses are also an indication that it is the area where weight and pressure are constantly being shifted and applied.

Our big toes and balls of the feet are commonly areas where calluses are formed, impacted by our gait cycle. Orthotics make use of special devices in order to distribute your body weight and pressure to other parts of the feet, often more effectively than short term paddings.

If pain is persistent, a visit to your podiatrist will be helpful. Your podiatrist may prescribe medication to soften the calluses or perform simple removal called 'debridement'.

He/ she may also assess whether there is an underlying condition that may be a complicating factor.

Walking without pain and being callus-free will help you enjoy your day to day activities more. Take control of your feet today, and start walking carefree with these useful tips!

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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.

A new podiatrist joins our team!

Nikki Brook - Podiatrist, BSc (Hons) MChS HCPC Reg

Nikki graduated from Queen Margaret University with an honours degree in podiatry. Nikki is a practitioner of general podiatry with experience in the treatment of a variety of foot conditions.



She has a keen interest in biomechanics, gait analysis, the management of the diabetic foot and rheumatology.

Prior to a podiatry career, Nikki worked within the healthcare and pharmaceutical sectors. This allowed her to transfer interpersonal skills and understand patient's requirements in the clinical environment.

Nikki has experience within NHS community centres for health and running her own private podiatry business. She is able to offer a range of services including nail

surgery, verruca treatments and wound care management.

Of particular importance to Nikki is the continued professional development of her knowledge base and skills.

*The **Care**, **Professionalism**
and **Time** that your feet
deserve.*

The Footcare
CENTRE

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