

# Monthly Newsletter

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## Accepting new patients

Contact Your Foot

Specialist/Chiropodist:

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## Working on Your Feet

Standing for prolonged periods of time can cause damage to your feet. Unfortunately, this may be a necessary part of the job for many working people.

Common foot conditions that may occur as a result of being on your feet all day include foot pain, blisters, calluses, corns, arthritis, toe deformities, sprains, bunions, athlete's foot, and fallen arches.

There are certain steps that you can take to prevent work-related foot problems. If you are on your feet all day, it is recommended that you avoid shoes that have high heels, pointed toes, a fit that is too loose or too tight, and a lack of arch support. If you work in a place where foot injuries are a common occupational hazard, such as a construction zone, wearing the right shoes becomes increasingly important. Wearing comfortable, properly

fitted, supportive shoes made of breathable materials can mitigate the risk of developing a variety of foot problems.

Maintaining an immobile, upright stance for prolonged periods of time is bad for your foot health. If possible, take breaks throughout the day to sit down, stretch, and walk around. At home, take care of your feet with a daily foot care routine.

Wash the feet daily with soap and water and dry them thoroughly. Apply a moisturizer to prevent cracked heels. When trimming the toenails, trim straight across to avoid ingrown toenails. Wear clean socks daily. If you notice any problems developing in your feet or ankles, consult with a chiropodist, who can diagnose and treat your condition and help you maintain the health of your feet.

## Oh No!!

*In Mar, we had 16 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting*



## Capsulitis (A Common Form Of Metatarsalgia)

Capsulitis can cause a lot of pain. This condition affects primarily the ball of the foot and can worsen if not treated properly and in time. However, there are some simple procedures that can help you avoid the pain it causes and, more importantly, having to go through surgery.

### *What Is Capsulitis?*

Capsulitis is inflammation of the joint / joint capsules. It typically affects the metatarsal

phalangeal joint (MPJ). Most of the time, it affects the second toe of the foot, right next to the great toe. It occurs when the dense capsulitis region located at the joint has inflammation.

This description of capsulitis becomes crucial when treating it, as it may be confused with other conditions that affect the same joint or have similar symptoms.



Morton's Neuroma, for instance, affects a similar region but involves compressed nerves instead of the joint.

### *Symptoms*

The first and most noticeable symptom of capsulitis is pain in the ball of the foot. It feels like having some kind of debris in your shoe and stepping on it when walking. At first, it may feel like discomfort, but if left to progress, the pain can increase to an almost unbearable level.

This pain can also be accompanied by swelling and irritation. During the most painful stages, simple procedures such as putting on your shoes may feel uncomfortable.

Calluses may form right under the affected area, and hammer toes or crossover toes can also occur in the same or neighboring toes.

### *Causes of Capsulitis*

Capsulitis can be caused by different factors. While not all of them will result in this condition, they may lead to an inflammation of the affected joint. The most common causes are:

- Poor walking tendencies, such as weighing your body on the wrong part of your feet
- Trauma to the joint, such as jumping barefoot.
- Pre-existing conditions like arthritis

## Capsulitis (cont'd from previous page)

- Constant use of improper footwear, like high heels

### *Diagnosis and Treatment*

While specialists can diagnose capsulitis clinically by carefully examining the affected foot, it may also sometimes require studies, such as X-rays, an ultrasound scan or measurements of the pressure under your feet. It could take more than one visit to

confirm the diagnosis if your podiatrist needs to see how the condition progresses.

Rest, ice and elevation are common non-invasive procedures a Chiropodist can prescribe. Sometimes where appropriate anti-inflammatories or injections of cortisone may be employed.

Long term, depending on how severe the condition is, there are some surgical procedures that may help manage capsulitis.



Your Chiropodist may recommend wearing special shoes, or avoiding using high heels, flip-flops, and other uncomfortable footwear. Often custom made orthotics to target abnormal pressure areas and redistribute these are prescribed in the management of capsulitis.

If you happen to feel pain under the ball of the foot and are unsure if it is capsulitis, be sure to visit us soon for a consultation and treatment plan. ♦

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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



## 2022 Questionnaire results

We have compiled the feedback that we have received for our patients during 2022. We are proud to have received such great feedback and are happy to share these with you below:

How well the clinic ran to time?	100%
The overall office environment?	98.6%
Were there clear explanations during your treatment that you could understand?	99.3%
The professionalism of the person you saw?	98.6%
The personal manner of our team?	98.6%
How well did you feel your concerns were addressed / treated at your appointment?	99.3%
Were you given a clear treatment plan or action plan?	99.3%
How do you feel about the quality of the visit overall?	98.6%

2022 figures based on 142 questionnaires received between Jan 2022 and Dec 2022.



Would you be willing to write a Google review about your experience at your last appointment? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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