

Monthly Newsletter

Free please take a copy



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Accepting new patients

Contact Your Foot

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Oh No!!

In March we had 21 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 list.

Unsteady Gait

Walking steadily where you put your left and right feet on the ground alternatively to move ahead is an activity that many take for granted. We all follow a steady and uniform pattern unless we're ambling or strolling on a surface that is uneven or jagged.

However, there is a section of people who find walking normally an uphill task, and their gait is unsteady or wobbly.

A wide variety of neurological, psychological, and physical anomalies along with other factors could be responsible for individuals being adversely affected by unsteady gait.

Sometimes, injury or falls can result from gait patterns or unsteady gait. Different types of gait patterns can be identified by gait analysis at your foot clinic. Examples include drop foot, 'hip

hiking', toe catching (tripping) and circumducting (leg circles).

What Can You Do if You Experience Unsteady Gait?

Medications- Treatment for unsteady gait will depend on the underlying cause or factor that's affecting your gait or causing you to walk in a wobbly fashion. If you suffer from Parkinson's disease, depression, hypothyroidism, arthritis, rhythmic disorders, orthostatic hypertension, and Alzheimer's disease, your physician might prescribe you medicines to maintain your balance. For example, a festinating gait associated with Parkinson's disease or other similar types of gait changes may be treated with medication as your physician treats the underlying condition and cause.



Unsteady Gait

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- Surgery- Surgical intervention may be offered to some candidates with neurological gait changes caused by a spinal or neurological condition like lumbar spinal stenosis, and so on.
- Wearing the right type of shoes- More often than not, your gait problem could be aggravated by wearing shoes that are inappropriate. In other words, try better fitting, more supportive footwear.

- Physical Therapy- Sometimes consulting a physical therapist helps in gait improvement, especially if the issue is linked to muscle problems in your lower extremity. Physical therapists recommend exercises and workouts that'll help improve posture and balance. Your Chiropractor / Foot Specialist will assess you and make recommendations for custom foot orthotics (foot beds) if they are required.



- Rehabilitation Therapy- Walking difficulty or experiencing issues while standing up or trying to take steps could often happen because you're not as active as you once used to be.

Physical therapists, language pathologists, occupational therapists, and rehabilitation specialists can help in the development of complex plans assist more elderly and

disabled patient groups with individual or special needs .

If you encounter any difficulties with your gait, feel free to ask your Chiropractor / Foot Specialist to see what solutions are available!

Pinched Nerves In The Feet

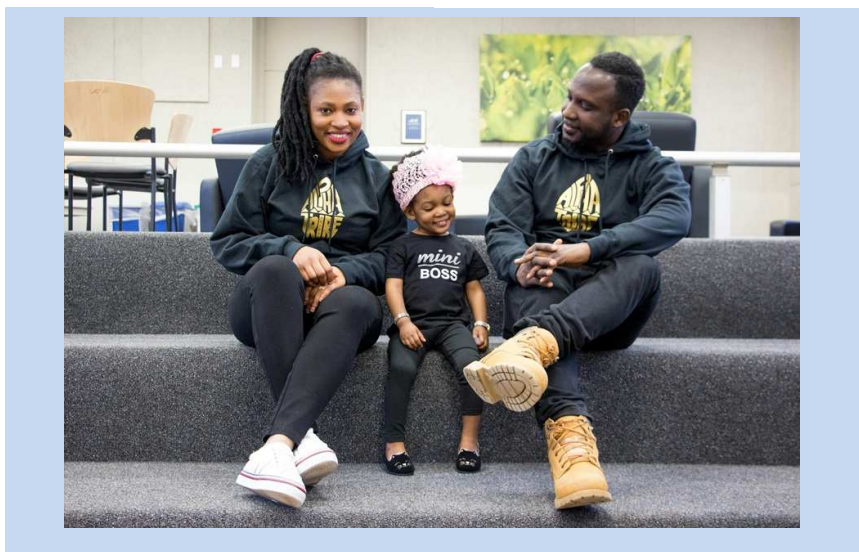
A pinched nerve is a sensitive feeling on the nerves between two tissues in the foot. This feeling can be like a shooting, tingling, or burning sensation. These feelings are called “parasthesia”.

A patient suffering from pinched nerves may regain full function in the foot if it is treated quickly. However seek treatment for “neuropraxia”, the mildest form of nerve trauma, swiftly. Chronic or severe nerve

damage can lead to problems such as muscle weakness, foot deformity and other permanent effects if not treated immediately.

Signs of Pinched Nerves

There are several signs that you can use to determine if you are suffering from pinched nerves.



A common sign to look for with a pinched nerve in the forefoot is pain between the toes while walking. However pinched nerves commonly occur in a number of places around the foot and ankle leading to:

- Burning or sharp pain in the feet.
- Muscle weakness in the foot.
- Numbness in the affected nerves.
- A feeling of swelling.
- Tingling sensations

Note: you may notice these signs when performing specific activities like walking, exercising, or standing for long. You may also feel one or more of these symptoms in the your foot, and you may feel them in one area or radiating in a pattern, including toes.

Causes Of Pinched Nerves

Generally, pinched nerves in the foot can occur where there is too much pressure on a nerve. Some of the causes of pinched nerves are stated below:

- Injury from a fall, playing sports, or a car accident can cause the soft tissue in your foot to be inflamed and swollen. This can then put lots of pressure on the nearby nerves.
- There is a specific structure or growth like bone spurs, ganglion cysts, neuromas, and varicose veins in your foot
- Wearing certain footwear like high-heeled or overly tight shoes
- Having high arches or being flat-footed can put pressure on the tissues of your foot , leading to nerve compression.

Pinched Nerves In The Feet (Cont'd from previous page)

- Health conditions like obesity, arthritis, diabetes, Tarsal tunnel syndrome, and Baxter's nerve entrapment.

Preventing Pinched Nerves In The Feet

Here are some tips that you can use to avoid pinched nerves in the feet.

- Avoid repetitive motions that can put pressure on the soft tissue in your feet.
- Try to keep a healthy weight to ensure you don't put too much pressure on your feet.
- Ensure your shoes are wide enough for your feet to provide adequate support.
- Try to avoid wearing high-heeled or narrow-toed shoes.
- Ensure you keep pre-existing health conditions like diabetes under control by consulting with your doctor.

Home Remedies For Pinched Nerves in The Feet

You can try home remedies to treat pinched nerves in the feet:

- Rest up.
- Apply ice on the affected area for around 20 minutes to ease swelling and inflammation.
- Gently massage the foot to ease the pain temporarily.
- If able, take over-the-counter medications like ibuprofen to reduce pain and ease inflammation.

When To See Your Chiropodist?

Make an appointment to see your Chiropodist once you notice that your symptoms worsen or do not improve after several days of home care.

Your Chiropodist will help diagnose your condition through physical examination,



imaging tests, nerve conduction tests, or electromyography to help determine the best treatment.

Treatments

A medical professional may recommend the following treatments based on the diagnosis.

- Prescription medications like corticosteroids to ease pain and inflammation.
- Custom inserts.
- Physical therapy to relieve pressure on the nerves.
- Surgery.

If you are experiencing pinched nerves in the feet, make sure to consult with us at your earliest convenience. ♦

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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.*



Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact the office (see details left).

Thanks for your support!

News.....

We are pleased to announce that we will shortly be joined by a new team member here at The Footcare Centre.

More details to follow in the coming months.

Attribution: All images are from Unsplash/ Mr Lee, Michael Fenton, Timur Isachenko, Trust Tru Katsande, and Florian Kurrasch.



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