

Monthly Newsletter



This issue, we pay homage to our outdoor heroes!

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Foot Care for Outdoor Workers

Most of us would agree that outdoor workers have it hard. They are exposed to the heat of the sun for hours. Carrying heavy piles of inventory, materials and equipment is never an easy walk in the park!

Outdoor workers often overuse their muscles to the extent that they become sore. Not just their arms; their feet may also get worn out! And yet, the feet are equally important to an outdoor worker's livelihood.

There are times when outdoor workers do not take good care of their feet. Many people only experience minor foot problems related to work, but it is always better to be safe than sorry.

Tips

Here are some tips for taking care of your feet, while working outdoors:

- Invest in high quality footwear. Do not settle for anything less. Wear something that will protect your feet at work. If you are working at a construction site, be sure to get the necessary safety boots. Outer sole, grip, water-proofing and insulation are key.
- After a long tiring day, make it a habit to remove your footwear immediately. Consider that your feet were cramped in your shoes, and have not been out in the open for hours!

Take time to wriggle your toes and move your feet to get your blood circulating.

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Walking with you!

Foot Care for Outdoor Workers

(Cont'd from previous page)



- Make sure your feet get enough breathing space. If you are working in a hot and humid environment, it may cause your feet to sweat.
- Allow your work boots to dry overnight or alternate boots each day.
- Be familiar with the place you are working in. Follow Health and Safety guidelines for the environment. Prevention is better than cure.
- Needless to say, you should consult your Foot Specialist / Chiropodist if you experience any foot problems, whether at work or at home.
♦

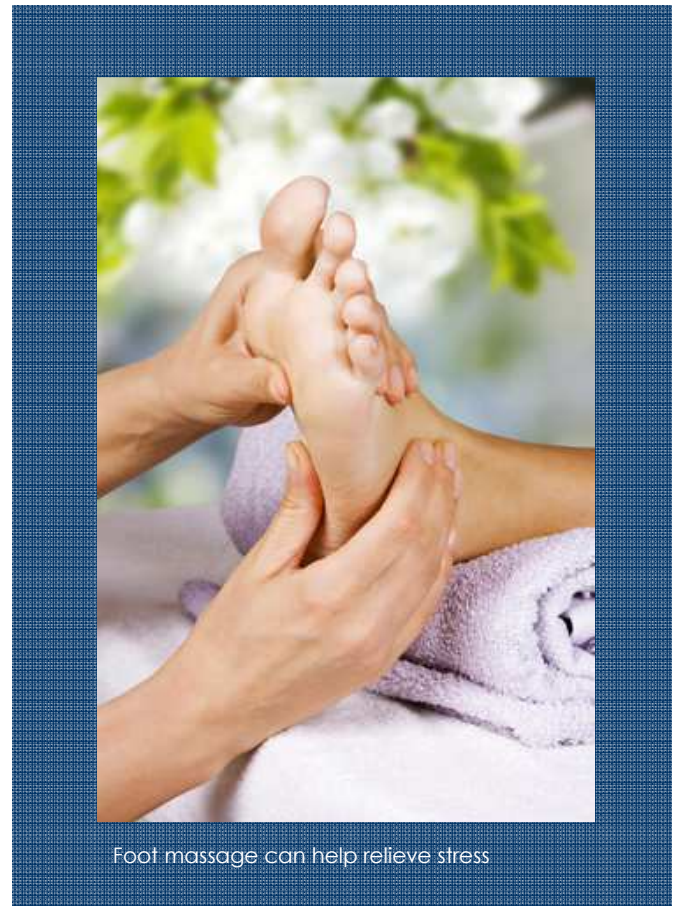
Reflexology

Everyone is bound to take a short break once in a while and relax. For many people, this translates to a reflexology treatment!

Reflexology has become quite popular,. Why so popular? Because of the incredible benefits people seem to get!

People report:

- Reflexology helps relieve stress and tension in the body through the reflex points in the feet.
- Reflexology triggers physiological changes and can help the body heal itself
- For those who are having problems with high blood pressure, reflexology can help you cope with those problems.



Reflexology

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- Reflexology soothes aches and pains experienced during pregnancy
- Tactile, hands-on treatment can be a helpful soothing, relaxing, calming treatment
- Reflexology may often be offered to the chronically sick, helping patients manage.
- Post-surgery: It is very normal to experience pain as a side effect of operations. Reported pain scores may be reduced in those receiving reflexology.
- In summary, reflexology has great benefits for your health, along with relaxation and improving your mood. Better yet, it is usually quite affordable and has no known side effects in most people!♦



Foot
massage
can help
you cope
with pain

What's new – CaerVision Technology

Stuart Berry has just introduced CaerVision technology in The Footcare Centre office in Niagara Falls.

CaerVision is a patient education service tailored to our needs for use in our office space. This enables us to offer a unique delivery of health education and promotion to both patients and their families on key topic areas around foot health and podiatric medicine whilst maybe having a coffee in the reception area!

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



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CaerVision Technology (Cont'd from previous page)

Interesting Topics Covered Include:

- Anatomy of the Foot
- Achilles Tendinitis
- Bone Spurs
- Bunions
- Flat Foot
- Gait Abnormalities
- Metatarsalgia
- Neuroma
- Plantar Fasciitis
- Proprioception
- Runner's Knee
- Tailor's Bunion
- Tendinitis
- Corns and Calluses
- Fungal Nail
- Ingrown Toenails
- Plantar Warts
- Skin Growths
- Wounds and Ulcers
- Diabetes
- Diabetes and The Foot
- Diabetic Shoes and Your Foot Health
- Arterial Disease
- Neuropathy
- Custom Orthotics
- Surgical Stockings
- Laser Therapy (surgery) For Fungal Nail
- Laser Treatment for Pain Management
- Shockwave Therapy

Your feedback is important! Stuart has older technology in the office in Weybridge, England and may install CaerVision if your feedback is positive!
Let us know what you learn!

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