

Monthly Newsletter

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Careful when
doing strenuous
physical activities

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Sesamoiditis? Prevention and Home Treatment

Sesamoiditis is a common condition that affects the forefoot, typically seen in younger people who are engaged in sports and physical activities. The most common symptom is pain located in the ball-of-the-foot, especially on the inner or medial side.

Sesamoiditis is a general description for an irritation of the tiny bones housed within the tendons that extend to the big toe, called sesamoid bones. Sesamoids function as pulleys as they increase the leverage of the tendon that control the toe and are used each time you push off against your toe. Over time, these tiny bones can become irritated. Sometimes they can fracture.

Cause and Characteristics

Increased levels of activity are one of the primary causes of sesamoiditis. Increasing your

intensity or activity level increases forces or pressure to the balls of your feet.

Foot conditions that can exacerbate sesamoiditis include slender feet, as there is not enough fat to offer protection to the sesamoids, and cavoid foot arches as they cause you to load heavily the balls-of-your-feet, creating additional pressure.

Prevention and Treatment At Home

In the large majority of cases, noninvasive treatment interventions are effective for relieving this condition. The symptoms associated with sesamoiditis can be mild or severe, and following diagnosis, we initiate one or more of the following:

(Continued next page...)



Your feet matter!

Sesamoiditis? Prevention and Home Treatment

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A little rest will do much good for your feet!

- Strict periods of rest or activity modification.
- Utilize a shoe pad or modified shoe to decrease pressure to the affected area.
- Immobilization of the big toe can be done with tape or athletic strapping, allowing the joint time for healing.
- If symptoms are minor and physical activity is continued, application of ice to the aggravated area for 10 to 15 minutes is suggested upon completion of activity.
- Sometimes anti-inflammatories are appropriate and may be advised to help relieve discomfort and reduce swelling for optimal healing.

- Properly fitted footwear is necessary to allow room for movement, allowing the bones to properly line up, and a wide toe box can prevent the cramping of toes.
- For those that jog or run daily, running shoes should be replaced at least every 3 - 6 months to ensure feet are given an adequate level of shock absorption.
- Over-pronation is a condition characterized by excessive inward rolling of the feet, placing increased strain on the sesamoid bones; therefore, a common cause of sesamoiditis, especially among runners or joggers.

If you are prone to over-pronation, orthotic insoles are often recommended or prescribed in order to treat the biomechanics of sesamoiditis. ♦



Replace your shoes often if you run regularly

Footwear

Finding the right shoes for the right occasion can be a difficult process, especially if you are travelling, or in unfamiliar territory with only a limited selection of footwear options. Having to make the right choice beforehand can be important in finding the right fit for your foot, so pay close attention to the following 3 aspects on how to choose the right footwear for the right occasion.

Beach

Flip flops can be a blessing in disguise at the beach, giving you the perfect footwear to wade into the waves to dip your toes. This can be as refreshing and relaxing, but remember: keep those flip flops on the beach.

However, if you plan on going to the beach late, or on longer beach walks, then consider an alligator shoe, deck shoe, or neoprene model which can cover your toes and provide protection against sharp barnacles, rocks, coral, sharp driftwood areas, risks that can be found along coastal areas and coastal rivers. Remember those with diabetes should avoid barefoot walks on the beach

Mountain Climbing

When mountain walking or trekking, you are putting a lot of incline and decline pressure on your muscles, ankles, and other areas of your legs that are not used to this sort of strain.



Mountain climbing involves serious strain, so get a good pair of hiking boots

In the wrong shoe, you risk injury, falling, slipping or a nasty ankle sprain, so be sure to choose a good hiking boot. Consider grip, stiffness vs flexibility, lacing and ankle support

The Happy Medium

Finding the happy medium between comfort, safety, fashion, and lifestyle can be an ongoing challenge. Go to a quality shoe store and always ask for advice when you, try on new shoes, and find the perfect boot.

You will find that your style and preferences will change with the seasons, as well as the activities you enjoy, so just remember to think about your feet next time you plan that big trip! ♦

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



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The Canadian Federation of Podiatric Medicine Annual Conference in Ottawa

On November 5 – 7th, we were in Ottawa for the weekend at [The Canadian Federation of Podiatric Medicine](#) (CFPM) conference.

Having spent the last two years on the CFPM board, the conference is a culmination of planning and then a hive of activity – learning, studying, scouting out new innovations and of course meeting colleague's old and new, networking and discussing foot care and the different ways we treat this foot pain or that sore toe.

Podiatrists from across the country, Australia and UK joined other like – minded chiropodists/foot specialists giving or attending lectures designed to challenge and better us as clinicians. For example where better than the [CFPM](#) conference to learn more and develop further your understanding of [heel pain](#) whilst getting the chance to looking at new innovative [orthotic](#) technologies to help our treatment of various [heel pain](#) problems we see as a profession.

We look forward to the conferences coming up (next stop the [College of Podiatry](#) in the UK) and wish the CFPM board well planning next year's conference!

Calendar of Events

The practice will be closed over the Christmas and New Year period on the following days:

December 24th – January 3rd inclusive.

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