

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Oh No!!

In Nov, 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

Crutches for Injury Recovery

Crutches are a great way to move around after a leg or foot injury. They provide enough support for patients to perform their usual tasks while also protecting the injured part of the body. While there are many different types of crutches, the basic structures are the same.

However, many patients claim that after using crutches for a long time, they experience side effects that become uncomfortable.

When Should You Use Crutches?

Experts advise patients to use crutches after experiencing different situations involving parts of their legs or feet. While the list may be very long, we can group them into different categories:

- **Sports injuries:** Both professional and amateur players can suffer from injuries, such as sprains, twists, or even fractures. Experts may indicate the use of walkers or casts depending on the severity. Crutches here are a great way to keep the injured part of the body free from body weight.

- **Medical conditions:** Some medical, arthritic, or diabetic patients may have their feet affected. In such cases, crutches may help in the management of the condition.

- **Surgery:** After undergoing surgery, total rest is the best option. However, patients may also require crutches once they are allowed to start walking.



Crutches for Injury Recovery (Cont'd from previous page)

Different Types of Crutches

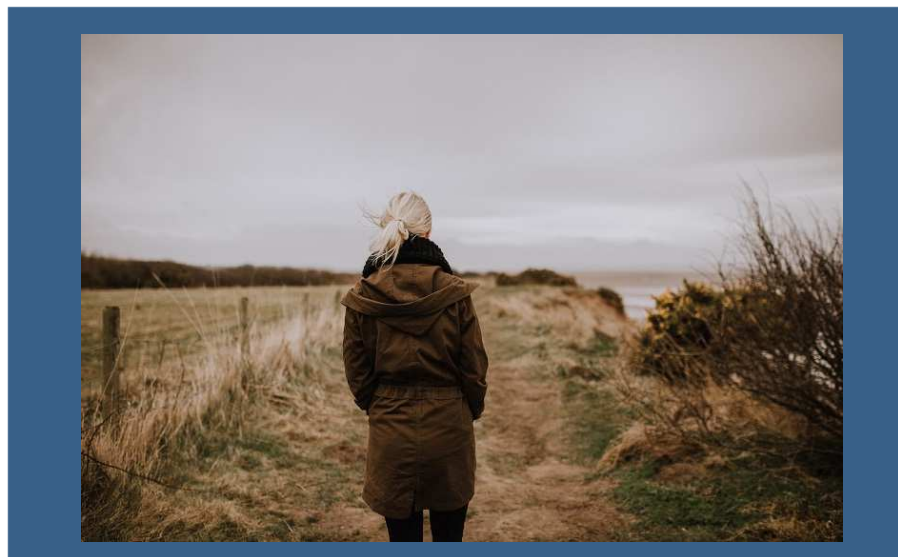
Experts may indicate different types of crutches depending on the patient's condition. For example, axillary crutches are the most common type, where a padded top rests below the armpit. The main difference between them is the part of the body in charge of providing support.

Other types of crutches include forearm crutches and gutter crutches. The former type has a cuff where the patient's forearm

rests while holding a handgrip. Gutter crutches, on the other side, are the less common type. These crutches provide a resting pocket for forearms.

How To Use Crutches Properly?

On first sight, crutches may seem easy to use. However, improper use can lead to secondary effects, from simple discomfort to irritation or even injury of supporting body parts.



Here are some tips for using crutches:

- Most crutches are adjustable. Remember to adjust crutch length to properly suit your height while standing straight. This way, you would not need to bend forward while walking, avoiding back pain or injuries.
- While crutches provide a handgrip, support must come from your arms. Using your hands to carry your body weight may cause injuries.
- Make sure your crutches have rubber caps on the bottom. This will prevent them from

slipping and making you fall, which may worsen your injured part of the body.

- Sit down and stand up, looking for support. Always avoid using your injured leg or foot, but remember to keep as stable as possible during both processes.

Using crutches is a common way to undergo injury or surgery recovery. However, measures must be taken to recover properly without worsening any symptoms or creating new ones. ♦

Raynaud's Disease

Raynaud's disease is a condition that can begin at a very early age. Due to its severity, patients that experience any of the symptoms related to this disease should undergo treatment or take preemptive measures to decrease its impact.

What is Raynaud's Disease?

Raynaud's disease is a condition that affects blood flow. This involves peripheral body parts, such as fingers, toes and sometimes ears, nose, nipples, and knees. Contractions

of blood vessels cause the reduction in blood flow when experiencing factors such as cold weather or stress.

Raynaud's disease can occur on its own or along with other diseases. When seen with other diseases, the symptoms are called "Raynaud's Phenomenon". The primary form is the most common and can begin at an early age, between 15 and 25.



Raynaud's Phenomenon can form part of a wider, more complex disease pattern.

Causes and Symptoms of Raynaud's Disease

Knowing the causes and symptoms of Raynaud's disease can help you identify and manage it early.

Causes

While the exact causes of Raynaud's have not been discovered yet, it is known to be related to certain risk factors. These risk factors include autoimmune diseases, chemical exposure, smoking, trauma, and side effects from medical components.

Symptoms

Symptoms vary depending on the affected area, so people must pay close attention if they know they are included in the abovementioned risk factors.

Here is a list of the most common symptoms of Raynaud's disease.

- Recurring paleness in fingers or toes when exposed to either cold or emotional distress. This may be eventual, as toes or fingers may recover color when warmth is applied.
- Pain in hands and feet. This may also occur with swollenness or numbness.

Raynaud's Disease (cont'd from previous page)

- The appearance of sores on finger or toe pads for no apparent reason.
- In rare cases, gangrene symptoms or infection in fingers or toes.

Treatment

Raynaud's disease is not a condition that can be treated at home. In addition, there is no cure for this phenomenon, and indicated treatment aims at decreasing its effects and development.

However, after being diagnosed, patients must change some habits to prevent the condition from worsening. Here are some ways of managing the condition:

- Wear warm clothes to avoid exposure to cold
- Quit smoking
- Avoid traumatic situations
- Blood pressure check-ups to monitor the condition



By keeping Raynaud's disease under close control, patients can live a normal life while taking small precautions to prevent it from worsening.

If you experience any of the symptoms mentioned above or suspect that you may have Raynaud's disease, make sure to

consult with a Chiroprapist or medical professional as soon as possible. ♦

Useful Reading

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/raynauds-phenomenon>



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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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*



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Spotlight on.....Amanda Filipe, Medical Admin Assistant

Tell us a little of your history before joining The Footcare Centre?

Before joining the office, I was working as a Medical Aesthetics Instructor at a Beauty College in the GTA. I moved to Niagara Falls, months before the pandemic.

How long have you worked at The Footcare Centre?

I'm the new smiling face since September 2022!

What do you enjoy about working at The Footcare Centre?

There are so many wonderful things about working at The Footcare Centre. I love working alongside my colleagues. They are always super motivated and inspire me daily. There is a strong family feel within, and everyone shares the same vision and dedication in helping others. I couldn't ask for a better work environment!

What aspect of your job provides you with the most satisfaction?

I think the aspect of daily contentment provides me with the most satisfaction. I love coming to work everyday, the great relationships with colleagues, getting to know our wonderful patients and the appreciation for The Footcare Centre in what we do!

What have you learnt from the patients at The Footcare Centre?

Every patient has a story that goes beyond the symptoms they visit us for. This has taught me to develop a deeper sense of empathetic listening to better understand and connect with patients.

What do you enjoy doing when you are not at work?

I enjoy spending time with my husband and 3 kids (and a 4th child, Sadie – who is a golden retriever). I love plants! Propagating plants, cooking, baking and listening to vinyl.

So.....what are your feet like?

I have childlike looking feet! They are short and chubby with high arches. I'm big on keeping up on my foot aesthetics so they are lotioned every day and they get a monthly pedicure.



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