

Monthly Newsletter

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Accepting new patients

Contact Your Foot

Specialist/Chiropodist:

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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 list.

Lisfranc Fractures

A Lisfranc fracture arises if there is tearing of the ligaments or joint damage in the midfoot area in one or both feet.

The midfoot includes the arch where the forefoot and hindfoot connect. The midfoot includes the Lisfranc joint and ligaments which can be damaged. The injury can range from mild to severe depending on how the individual sustains an injury.

What are the symptoms?

The signs of a Lisfranc fracture are based on the severity of the injury. The usual signs include swelling and tenderness at the site and top of the foot. There is also discomfort that worsens while walking or standing.

Bruising also manifests on both the top and bottom of the foot. This is a main characteristic of the injury.

There may also be a visible palpable deformity in the area of the fracture.

What are the causes?

Various injuries can cause a Lisfranc fracture. The injury typically arises if a person twists their foot while falling. Nevertheless, if the foot endures damage while flexing downward this injury may also occur.

Direct damage can result in a severe form of Lisfranc fracture. Falls from a great height can result in fractures that require extensive treatment.

Management of a Lisfranc fracture

The treatment of Lisfranc fracture is based on the seriousness of the injury. For a mild case, the treatment is similar for a sprain such as ice, rest and elevation. Medical professionals also may recommend crutches to ease the pain while walking or standing.



Lisfranc Fractures (Cont'd from previous page)

As for severe injuries, your specialist will usually place a cast which is worn for up to 6 weeks. Treatment involves follow-up monitoring along with X-rays to see if there is improvement and to check if surgery is necessary.

A severe case of Lisfranc fracture requires surgery, specifically internal fixation. The

procedure involves repositioning of the foot, which is secured in place with plates or screws to promote healing.

In some cases, a specialist would suggest fusion treatment, which is less common. ♦



Plantar Warts

Plantar warts, though often benign, can result in discomfort. These benign growths are caused by the human papillomavirus (HPV) and affect the soles of the feet. Their appearance and size may vary from case to case.

What are Plantar Warts?

Plantar warts are small growths that appear on the heels, toes or balls of the feet. The pressure from walking and standing can cause these warts to be pushed beneath the skin's surface, leading to their flat appearance.

Symptoms of Plantar Warts

Common symptoms include:

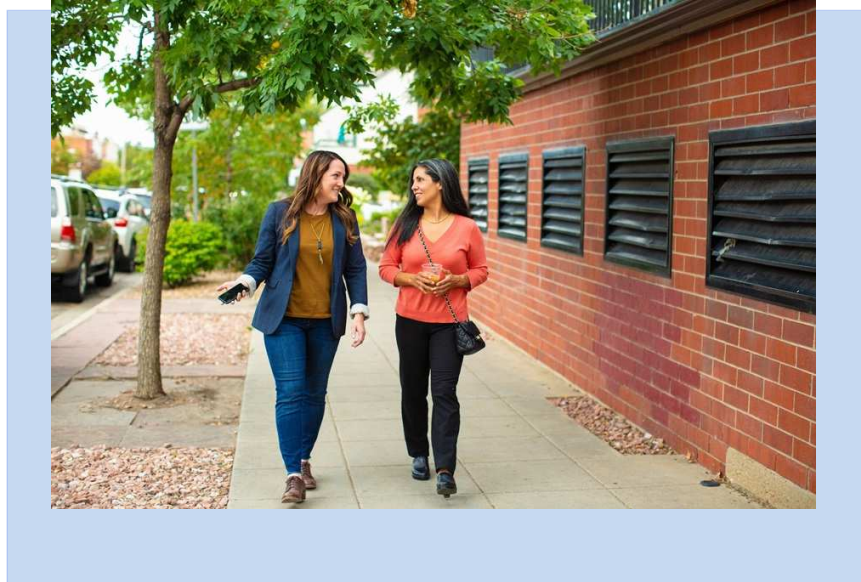
→ Small, Fleshy Bumps: Usually flesh-coloured or light brown, with a rough texture

Plantar Warts (cont'd from previous page)

- Pain or Discomfort: Discomfort when walking or standing
- Hardened Skin: The skin surrounding the wart might become hardened due to pressure
- Black Dots: Often, small black dots are visible within the wart. These dots are tiny blood vessels

Causes of Plantar Warts

Plantar warts are caused by the human papillomavirus, which thrives in wet and warm places such as public gyms and swimming pools. The virus can enter the body through tiny cuts or breaks in the skin.



Children and those with weakened immune systems are at higher risk of developing plantar warts.

Treatment

Many plantar warts eventually disappear as the immune system fights off the virus. Persistent warts may be treated with:

- Over-the-Counter Medications: Salicylic acid-based treatments can help treat the wart gradually.
- Cryotherapy: Freezing the wart using liquid nitrogen causes it to blister and possibly resolve.
- Cauterization or curettage: This involves using an electrical current to burn the wart off or scrape it off with a sharp tool.
- Laser Treatment: Laser therapy is used for more stubborn warts, targeting blood vessels that feed the wart

- Needling: irritating the wart under local anaesthetic with sterile needle in order to initiate the body's immune response to the HPV virus.

- Swift Therapy: Heating the wart with microwave energy to initiate the body's immune response to the virus.

- Prescription Medications: Sometimes, a doctor might prescribe stronger medications to treat resistant warts

Prevention

The best way to prevent plantar warts is to keep your feet clean and dry. This means not going barefoot in public places, such as locker rooms.

You should also wear fitting shoes, especially if you lead an active lifestyle. If you spot a wart on your foot, avoid scratching or picking it.

Plantar Warts (Cont'd from previous page)

Conclusion

Plantar warts are common growths that appear on the soles of the feet. While often harmless, they could cause pain in some cases. Consult a chiropodist if the warts persist, if you experience considerable pain, if the warts spread to other areas, or if you are diabetic or immunocompromised. ♦

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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.*



New opening hours from January 2nd, 2024

We would like to advise that from January 2024, The Footcare Centre will be operating new opening hours.

We will now be open as follows:

Monday 7:30am – 5:00pm

Tuesday 7:30am – 5:30pm

Wednesday 7:30am – 5:30pm

Thursday 7:30am – 5:00pm

Friday Closed

This means that we will be open 30 minutes earlier Monday through Thursday and will now offer later appointments on Mondays, Tuesdays, and Thursdays as well.

Calendar of Events

The office will be open during the Christmas period as follows:

Wednesday December 27th 9:30am – 6:00pm

Thursday December 28th 8:00am – 4:00pm

Friday December 29th 8:00am – 4:00pm

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