

# Monthly Newsletter

Free please take a copy



Contact Your Foot

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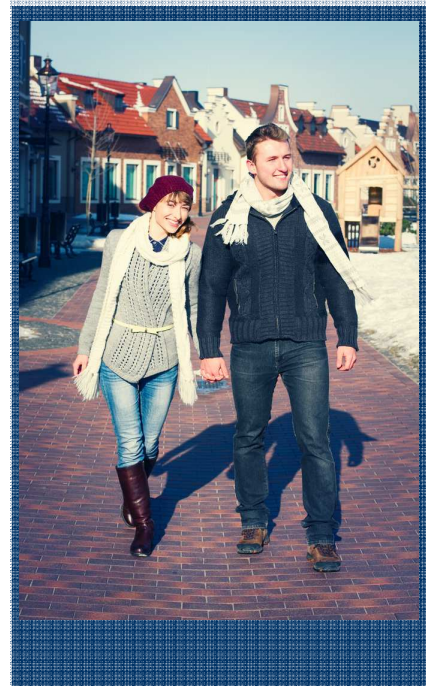
Web: [www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

## Oh No!!

*In January, we had 22 patients that failed to attend their appointment!*

### In this issue:

- Plantar warts
- Low impact sports
- New patient questionnaire results



## Plantar Warts

Plantar warts are small growths on the skin brought about by a virus. The warts can form in any part of the foot but usually on the bottom or plantar surface. Warts can affect people of all ages.

### *What are the causes?*

Plantar warts develop via direct contact with the human papilloma virus (HPV). This is the same virus responsible for causing warts in other parts of the body. The virus needs a portal of entry (aka cut or abrasion), which is why barefoot activities like swimming, showers etc, can be more likely to cause warts.

### *What are the symptoms?*

The usual signs of a plantar wart might include the following:

- Thick skin that often resembles a callus due to its thick, tough tissue

- Pain occurs while walking or standing or if the sides of the wart are squeezed
- Miniature black dots often appear on the surface of the wart. These are dried blood in the capillaries.

The plantar warts usually grow deep into the skin, however it is important to note that they cannot grow deeper into muscle or bone. The growth of the warts develops slowly – they start small and enlarge over time.

### *Management of plantar warts*

When the Chiroprapist diagnoses an individual for a plantar wart, he/ she assesses the foot for any signs. Warts may clear up on their own, but treatment can provide faster relief. Generally, the objective of treatment is full removal of the wart.

A Chiroprapist might prescribe topical or oral treatments, laser therapy, cryotherapy, acid treatment or even surgery for removal of the warts.

## Plantar Warts

(Cont'd from previous page)

Regardless of the treatment options used, the individual should carefully follow the instructions given. In addition, comply with the follow-up appointments with the medical professional. Remember that warts might recur, thus requiring further treatment.

In cases where treatment is not effective, further diagnostic testing may be necessary. In such instances, a biopsy might be performed to rule out other possible causes for the growth.

### *Prevention*

The following measures can help in preventing warts:

- Wear sandals when using community areas such as locker rooms or pools
- Ask the doctor about the HPV vaccine
- If a wart is present, change shoes and socks daily
- Always keep the wart covered and regularly wash hands to prevent it from spreading to others ♦



## Low Impact Sports

Low impact sports include activities or movements that involve less force on the joints. In most cases, both feet or at least one foot remains in contact with the ground or the entire body is supported.

Consult a doctor first before starting any form of workout routine if you suffer from a chronic joint condition such as arthritis, have certain back conditions, are overweight,

pregnant or have previously injured a joint in the leg or foot.

Generally, an older individual should opt for low impact exercises at a moderate intensity. Remember that older tissues can no longer regenerate quickly. Impact to the joint then results in injury or chronic health issues.

## Low Impact Sports (cont'd from previous page)

### Types of low impact sports

- Swimming
- Cycling
- Walking
- Yoga

### Benefits of low impact sports

Low impact sports can be adjusted for all levels of fitness. The activities regulate the amount of force applied to the body which

makes it less stressful on the connective tissues, joints and bones.

There are several benefits offered by low impact activity. In one study, it was revealed that engaging in regular low impact activity is enough to improve aerobic fitness. In addition, low impact exercise is beneficial to overall heart health.



These exercises are suitable for seniors, those recovering from foot injuries or individuals who have not engaged in exercise for a while.

### Foot care during low impact sports

Wearing the right shoes is vital to injury-free activity. Shoes must provide enough cushioning and shock absorption to compensate for the high pressure placed on the foot during activity.

If an activity involves sideward movements, shoes must also have good medial-lateral stability. In addition, shoes should have a high toe box to avoid foot issues such as irritation of the nails and toes.

If you need a proper shoe fitting or insoles, feel free to consult with your Chiroprapist soon! ♦

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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.

Note our new opening hours on a Wednesday. 8:00am – 6:00pm.

Your business slogan  
her The Care,  
Professionalism and  
Time that your feet  
deserve



Don't forget you can book your next office visit or new patient appointment online at [www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

## New Patient Survey Feedback

We have now collated our new patient questionnaire results for 2018. We are pleased to publish the results below:



### Questions put to Patients

**% of Patients scoring: Very Good or Excellent**

How well the clinic ran to time?	95.1%
The environment in the practice – clinic / reception?	95.1%
Were there clear explanations during your treatment that you could understand?	100%
The skills of the person you saw?	100%
The personal manner of our team?	100%
How well did you feel your concerns were addressed / treated at your appointment?	98.8%
How do you feel about the quality of the visit overall?	98.8%



*2018 figures based on 79 questionnaire responses collected between Jan 2018 & Dec 2018.*

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