

Monthly Newsletter

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Contact Your Foot

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Doh!

In December we had 7 patients that failed to attend their appointment!



Important Foot Care Tips for Claw Toes!

What are Claw Toes?

A health condition where the toes bend and form a claw-like position is termed as claw foot or claw toes. It may appear among people from their birth (congenital) or in the later stages of life (acquired). Although claw toes may not appear problematic they can be uncomfortable and in some cases they are a result of diabetes or stroke and can be associated with more serious problems.

Wearing the right shoes that fit your feet is one of the key preventive measures. Avoid wearing shoes with high heels too. These shoes are prone to increase the pressure on the front part of your feet by over 50%!

Lower shoes that have rubber soles offer the maximum comfort to the feet. Ensure your shoes have a toe area (toe box) with double the depth to

accommodate the toes. Make it a point to change your shoes from time to time (Worn out shoes can result in damaging your feet).

Some recommended foot care tips for people suffering from Claw Toes are:

- 1. Protect it:** Shield or protect your claw toes from rubbing. Toe caps can protect the toe to cover the tip of the toe and relieve pain. If you are unsure ALWAYS ASK!
- 2. Wear proper shoes:** Shoes with cushion soles which are deep, wide and fastening.
- 3. Exercise Regularly:** There may be specific exercises like moving or stretching the toe by using your hands or picking a soft or small object. This keeps your toe joints flexible. Ask how these may help.

(cont'd next page)

Important Foot Care Tips for Claw Toes! (Cont'd from previous page)

Moreover, keeping a towel flat under your feet and using the toes for crumpling it can be a good exercise too.

4. *Apply Ice:* In case you feel pain over your claw toes, it is advised to apply an ice pack at different times of the This may relieve stiffness and soreness.

With the above conservative measures and other possible options to relieve claw toes, you can be assured of good foot care. However if it continues causing problems, don't forget to consult your chiropodist / foot specialist!



5 Tips to Stay Protected from a Frostbite

An injury that occurs due to exposure of the body to extreme temperatures (below freezing point) is known as frostbite. The severe cold freezes the skin along with its underlying tissues. Feet, toes, and fingers are the areas that are usually affected. However, your ears, cheeks, and nose are also prone to developing frostbite.

The following foot care tips can help people in staying protected against frostbite:

1. *Avoid tight socks:* It is important to wear loose socks as the risk of frostbite increase

with tight clothing. For other parts of your body, it is recommended to layer your clothing and use windproof as well as waterproof materials. Similarly, layer a pair of woolen socks over the socks within.

2. *Avoid walking barefeet:* If you catch a frostbite then make sure you do not walk on your feet or rub against the frostbitten area. Also, make sure you do not use a hair dryer or fire or anything that offers direct heat to the area.

5 Tips to Stay Protected From a Frostbite (Cont'd from previous page)

3. *Keep a check on temperatures:* People often fail to gauge the intensity of cold outside. Hence, if you are about to go outside make sure you are well prepared for the weather conditions.

4. *Stay Hydrated:* In case you feel pain or tingling, make sure you drink lots of water and remain hydrated. Keeping your surroundings warm is also important. However, do not consume alcohol in cold weather - it is a bad mix as alcohol makes you lose heat faster or make you feel warmer than you actually are.



5. *Do not stay outside for long:* If the weather outside is very cold then it is better you spend your day indoors. Exercising to keep the body warm is also something that has to be done on a daily basis in winter or cold weather.

With such precautions in place, you can ensure that your feet stay protected from catching a frostbite!

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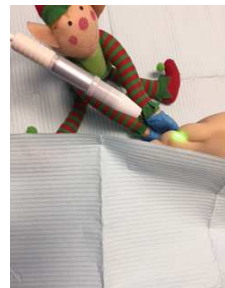
Web Site:
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The Care,
Professionalism and
Time that your feet
deserve

Elfy Plumbpants pays a visit to the office to learn all about looking after feet!

We had a surprise visitor just before Christmas. Elfy Plumbpants came down from the North Pole to learn all about feet. Here are some pictures of his adventures.....



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