

Monthly Newsletter

Free please take a copy



Basketball and Foot Care

Basketball is a sport that puts the foot at risk of injuries and infections due to the strenuous actions involved.

This is the reason for choosing sport-specific footwear that is well fitted. It would also ensure that you would enjoy the sport with few complications as possible.

Ankle sprains, foot inflammation, tendinitis, blisters and black toenails are conditions commonly associated with basketball.

A black toenail is basically a bruise beneath the nail. Due to opponents stepping on feet and stops and starts forcing the toe against the end of the shoes, black toenails are common in basketball.

Guide Your Feet during Games

Basketball is strenuous due to the skills involved such as jumping, pivoting, running, and hard landings on the court. Regardless of your fitness level, play with caution.

Professional Footwear

Every sport has a unique design for its footwear; basketball is no exception. Footwear appropriately designed for basketball is essential to prevent injury. The choice of footwear that provides cushion, ankle protection, landing support and torsional stability.

Accepting new patients

Contact Your Foot
Specialist/Chiropract:

The Footcare Centre

905-357-0214

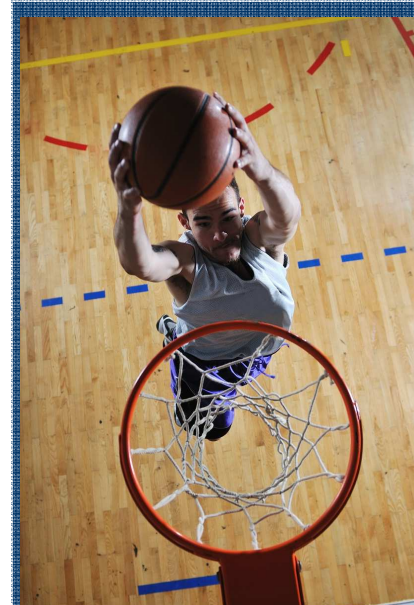
niagara@thefootcarecentre.ca

Suite 302,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web: www.thefootcarecentre.ca

Oh No!!

*In December, we had 24
patients that failed to
attend their
appointment!*



Basketball and Foot Care (Cont'd from previous page)

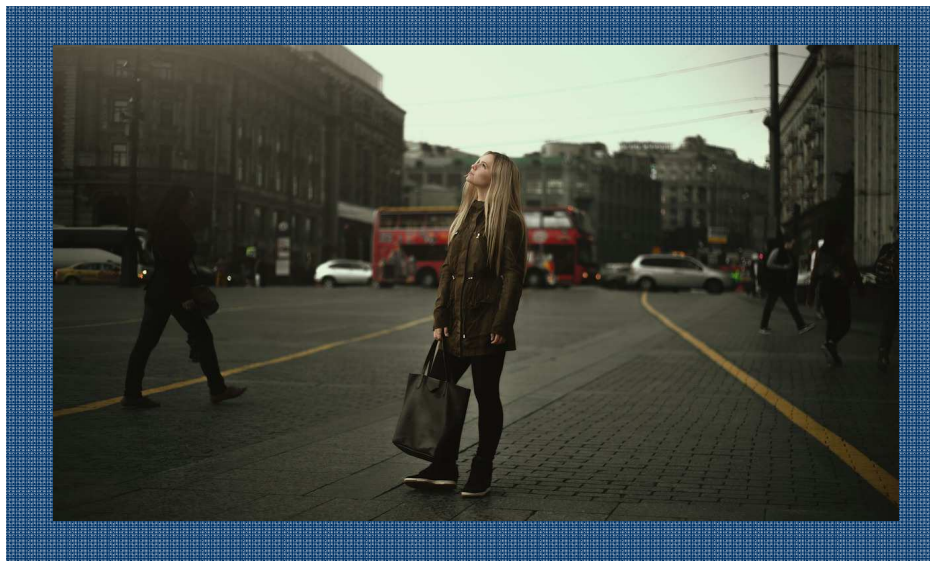
Also, make sure to exercise the following precautions:

- Increase your flexibility by stretching daily, and before and after games
- Utilize the proper form and technique
- Play safe
- Do not try to be tough- stop playing if you notice pain
- Put on braces for parts of your body susceptible to an injury, such as ankles
- Drink plenty of fluids before, during, and after physical activity
- Wear breathable sport-specific shoes to

prevent foot conditions like toenail fungus.

Regular Chiropodist Consultation

Whether you are a serious competitor on a sports team or a casual player, you should make it a point to consult with your chiropodist on a regular basis. ♦



Fungal nail treatment

Fungal nails can occasionally become painful. Frequently however, it is a nail's cosmetic appearance that drives patients to seek advice or treatment as a nail may become thicker, more discoloured or more deformed.

The infection can be prone to spread to other nails. It is also possible to have fungal skin infection as a complication of the nail infection (called athlete's foot or dermatophytosis).

Shoes and socks along with towels and bathing environments may harbour fungal spores – these germinate and can lead to ongoing infection or years of recurrent fungal infection.

Laser Therapy for Fungal Toenails

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Treatment is often structured towards

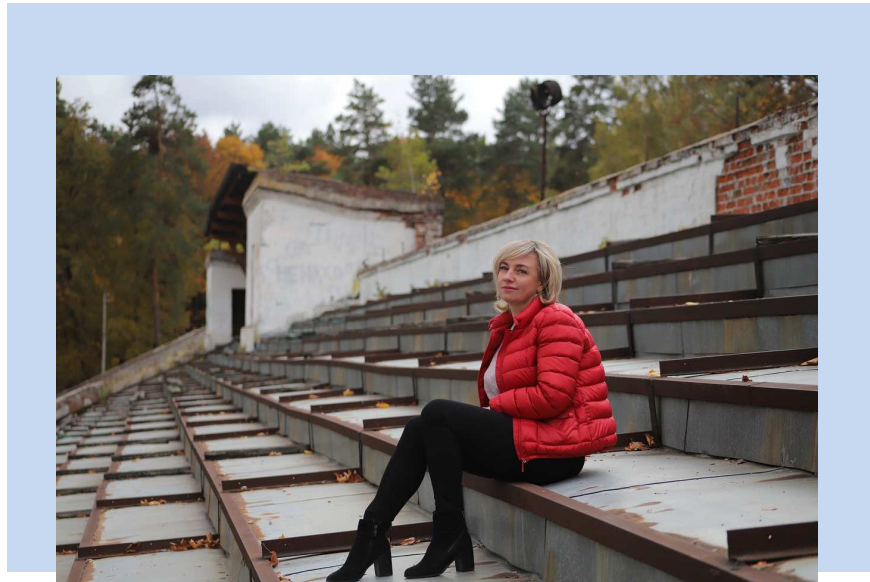
- 1) treating the environment (shoes, socks and bathing habits),
- 2) improving the appearance of fungal nails
- 3) Tackling the underlying infecting organisms infecting the nail or foot.

Since single treatments alone are often temporary treatment is often structured to layer treatments as needed. This attempts to tackle both the infecting organisms and the appearance of a fungal nail toenail.

Antifungal medication is utilised to treat and tackle underlying infecting organisms.

As new nail grows continued use of an antifungal to tackle infecting organisms can help promote an improved nail.

Further appearance can be maintained or improved with regular footcare and with the use of other techniques such as Laser Surgery. This therapy involves shining a specially designed laser beam through the toenail.



This safe treatment is thought to affect the organisms imbedded in the nail and bed and the overall appearance of the nail to produce a temporary improvement of the appearance of the nail.

To build an effective plan the procedure requires a number of regular treatments and is performed as an outpatient service. Typically, patients schedule 4 treatments over 3 months.

Clinical studies fail to confirm that laser treatment is able to guarantee a cure of infection, however it remains a useful adjunct in the treatment of fungal nails with many patients see improvements in cosmetic appearance after their first few treatment sessions.

One further method of adjunctive treatment for troublesome fungal nails is a total nail avulsion. Here a toe can be numbed, and a fungal nail may be carefully removed under local anesthetic. This may allow a new healthy nail to grow out to replace the old infected nail whilst using a suitable antifungal.

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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

The Care,
Professionalism and
Time that your feet
deserve

**The Footcare**
CENTRE

Special Birthday

A certain member of our team celebrated a special birthday recently.

Carol turned 60 on Christmas day (yes, she is a Xmas baby!)

I am sure you will join us in taking this opportunity to wish her a happy (belated) birthday.



Foot quote of the month

If your feet smell and your nose runs, you've been made upside-down.

Would you be willing to write a Google review about your experience today? 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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<https://twitter.com/footcareontario>

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