

Monthly Newsletter

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Foot Health and Foot Disorders – Special Care Needed!

Many individuals don't realize how feet can play a vital role in their health and mobility. Commonly, proper foot care to maintain healthy feet is neglected. As you age, foot pain and disorders become a common complaint, typically due to the worsening of untreated conditions and lack of foot care. Foot disorders can mean the difference between being able to live at home and needing institutional care among the aging population.

Structure of the Foot

The structure of a foot is perfectly constructed by 26 small bones, 33 joints and more than 100 muscles, tendons and ligaments. Feet are designed to keep you mobile, on average taking approximately 10,000 individual steps and receiving an impact adding up to hundreds of tons of weight on a daily basis.

Common Foot Disorders among the Aging

The natural cushion of padding wears under your heels and the balls of your feet over time related to decades of standing on your feet. Foot arches can become flatter or less flexible; foot joints and ankles stiffen or the entire foot becomes wider and longer as you age.

Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

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

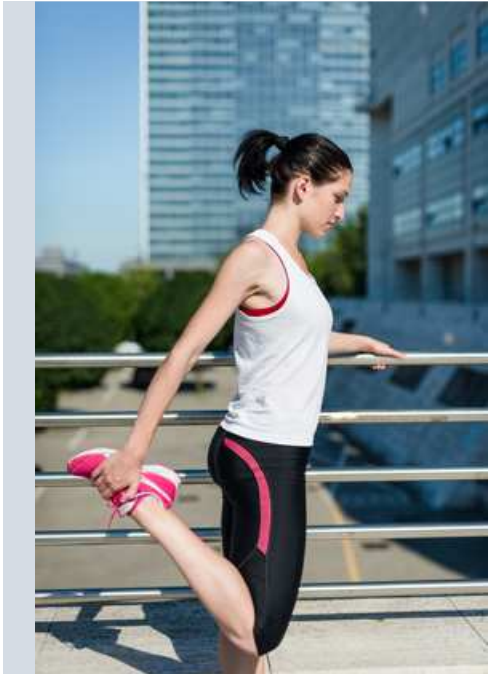
Web:

www.thefootcarecentre.ca

Doh!

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





As a result of these changes, you may be at a high risk for the development of foot pain and disorders, even if you have never experienced prior difficulties. Foot complaints and disorders commonly seen among the aging population include:

- Bunions;
- Corns and calluses;
- Hammertoes;
- Toenail problems;
- Diabetes related foot disorders;
- Deformities of the foot structure;
- Heel pain.

Maintaining Foot Health with Basic Foot Care

Now that you know how valuable your foot health is, you can begin to give your feet the daily attention and care they need and deserve.

Simple measures to keep feet healthy and happy include:

- Examine feet daily for any breaks in skin, dryness, calluses, etc. Use good lighting and a mirror to see challenging areas. If necessary, ask a friend or relative to assist with the examination.
- A quality moisturizer can be used daily to prevent and treat dry and cracked skin. Avoid application of excess moisturizers or powder between the toes as this can cause skin problems.
- Wear footwear and socks that are properly fitting and comfortable. Be sure to change socks daily.



- Incorporate exercise into your daily routine, such as walking.
- Wash and thoroughly dry feet every day. If you suffer from decreased sensation in your feet or poor circulation, test the water temperature with your elbow or wrist to prevent burning. Feet should be patted dry, not rubbed, making sure the area under and between the toes is well dried.
- Although soaking your feet is a soothing experience and has benefits, avoid soaking them for more than 10 minutes to prevent drying of the skin.
- Toe nails should be cut or filed straight across and never shorter than the end of your toe. If your feet are unhealthy or you have other health complications, such as diabetes, it is recommended that a podiatrist perform this care.



If any of the following symptoms are present or noticed upon examination you should seek the advice of your physician right away:

- A sore or injury that becomes infected or doesn't heal;
- A blue or black discoloration appears in any part of your foot or leg;
- Pain when walking, even if it is relieved with rest;
- A decreased sensation to extreme temperatures or pain;

- Any unusual numbness, tingling, discomfort, cramping or coldness in your feet.

Additional foot care interventions are specific to each type of foot condition or disorder. Following these recommendations can serve as your first step towards achieving healthy feet.

If you encounter any foot problem or discomfort, feel free to give us a call and we will do our best to help you! ♦

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Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries, do feel free to contact us (see details left).

Once again, thanks for your unwavering support!

Events and Updates

The office will be closed for staff vacation from Thursday 14th July – Monday 25th July inclusive. We reopen on Tuesday 26th July.

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