

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Update

All the team received their 1st vaccine dose on Sunday March 7th. We encourage all our patients to get their shot when you are advised to.

Racket sports and Foot Care

Badminton, pickleball tennis and other popular racket sports at a recreational and competitive level involve intensive footwork and frequent direction changes including jumping or lunging. Proper foot care is a must for people who play as they are at risk of various foot injuries. If you want to improve your performance at this sport and avoid foot injuries, you should observe proper foot care for athletes.

Common Foot Problems Of Racket Sport Players

1. Corns and Calluses

Corns are patches of hardened skin that have a central core and are often painful. Calluses are thickened skin on the outmost skin layer of your feet that are painless.

If you have been playing racket

sport for quite a while now, you may find corns and calluses on your toes. You should not apply any cream without professional medical advice.

2. Sweaty and Smelly Feet

Players engage in long game hours. Fungi and bacteria grow from sweaty shoes and socks and lead to foot odor, soaked feet, and infections. To avoid this problem, wear a pair of shoes that is breathable and comfortable. It is also essential to maintain good hygiene by changing your socks every day.

3. Ingrown Nails

An ingrown nail can result from the following:

- Tight-fitting shoes
- Cutting your nails too short
- Injuries
- Sweaty feet



Racket Sport and Foot Care (Cont'd from previous page)

Choosing the Right Footwear and Socks

Finding the appropriate shoes for your sport is a crucial concern. Foot health is a top priority, so it is a must to get comfortable shoes designed specifically for racket sport. These can have wider base of support to prevent twisting over on the ankles during play. Check your shoes for signs of wear and replace them as needed.

You could buy cushioned shoe inserts if you have arthritis or sore feet to add some additional shock absorbency.

Athletes need to wear socks that are made with synthetic fiber as it has moisture-wicking properties. Other factors to consider are fabric thickness, fitting, and comfort.

Simple Foot Care Tips

Below are easy and achievable tips that all racket sport players and athletes should consider:

1. Wash your feet with warm water every day
2. Dry your feet thoroughly, including the area between toes



4. Use foot powder to avoid sweat and odor
5. Examine your feet for fungal infections and other conditions
6. Let your feet breathe by wearing sandals or open-toed shoes when you are not playing
7. Visit a chiropodist regularly, especially if you are prone to certain conditions

Bottom Line

Along with a healthy diet and getting appropriate amounts of sleep, looking after your feet can keep you on top of your game! Being conscious of changes caused by injuries and infections can help you in seeking timely help from your chiropodist. This way, you could avoid further complications and a lengthy recovery period. ♦

Managing Friction Blisters

Friction blisters on the feet are fluid-filled pockets of raised skin caused by the pressure of skin rubbing against your shoe. Active people who run, jog or hike commonly experience these painful blisters. Though this condition is not yet fully understood, it is essential to treat the blisters upon seeing its early symptoms.

When Should You Worry About Feet Blisters?

Tight fitting or ill-fitting shoes are a common culprit of blisters on feet. On healthy people, these fluid-filled blisters would heal on their own within a week or two. Be extra cautious

when the blister breaks open, as bacteria may enter and infect the wound.

An infected wound would usually show the following symptoms:

- Redness and swelling around the blister
- Worsening pain
- Becoming pus-filled
- Yellowish crusting on the wound area

To avoid infection, one should avoid popping the foot blister. However, large and painful blisters may need appropriate medical attention and lancing. Your chiropodist can help manage serious blisters by:



1. Using sterile equipment lancing the large blister site
2. Gently draining the fluid or pus. If there are signs of infection your chiropodist can assess and manage this.
3. Appropriately bandage or dress it giving appropriate advice.

If you have diabetes, it is especially important that you do not treat a blister yourself and have a chiropodist treat your blister. They may prescribe antibiotics or antiseptic ointments to fight infection. Delayed treatment of a

blister could result in complications such as bacteremia, cellulitis, and sepsis.

Preventing Friction Blisters on The Feet

The risk of having foot blisters does not have to stop you from being active. There are simple ways to avoid them. Firstly, make sure to wear properly fitting shoes. You may also look for padded insoles if you are prone to getting blisters. It is important shoes fasten up so they do not slip.

Managing Friction Blisters (Cont'd from previous page)

Other additional tips you may want to try are:

- Rubbing anti-friction (anti-blister) creams or gels available from outdoor pursuits stores.
- Look for socks designed for running or hiking which have antifriction and moisture wicking properties.

Final Comments

Check your feet for signs of reddening or irritation where shoes or socks may be rubbing before you get a blister forming and before it is too late. Identify the problem shoes and cease wearing them before they cause further harm.

It is always a good idea to examine your feet from time to time, and to seek medical advice as soon as you notice anything unusual. ♦

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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*

What is it like working at The Footcare Centre?

Have you ever wondered what our team think about working at The Footcare Centre.

Well, wonder no more! We sat down with our team and asked them to tell us about their time working at this office, and what they enjoy about their jobs.

If you have ever wondered, why do they get out of bed in the morning to come to work here, then watch this video to find out more!

<https://youtu.be/AxrueqgyGyY>

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