

Monthly Newsletter

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Contact Your Foot

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Oh no!

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

Hiking or Trekking and Tips for Proper Footcare

Hiking or trekking are certainly fun ideas when it comes to an adventure. You get an opportunity to come close to nature but there are a number of things to take note of.

Your feet are essential for trekking, which means they need a lot of care! Here are some foot related problems associated with hiking or trekking, and how to care for your feet:

1. Athlete's Foot: If the conditions are tough and the distance is long, this is a common problem that you may face. You should keep your feet dry and use socks that are made of synthetic materials, so moisture can wick away from skin. Combine this with properly ventilated footwear and do not re-use socks worn the day before.

2. Pitted Keratolysis: Another possibility is getting a type of skin infection where the skin is seen to be rubbery, eroded or pitted. Again, you will need to wear the right footwear: good fitting to prevent friction with breathable uppers.

3. Blisters: If you develop a blister, make sure to dry your feet and apply a sterile non-stick dressing or Band-Aid over it. Do not pop a small blister. Also try using an anti-blister skin lubricant from running or outdoor stores.

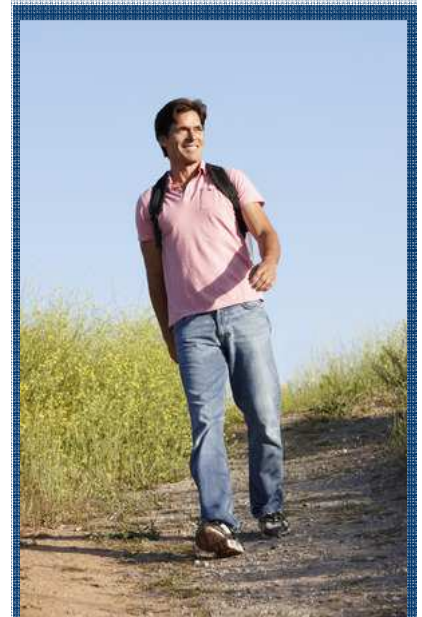
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Hiking or Trekking and Tips for Proper Footcare (Cont'd from previous page)

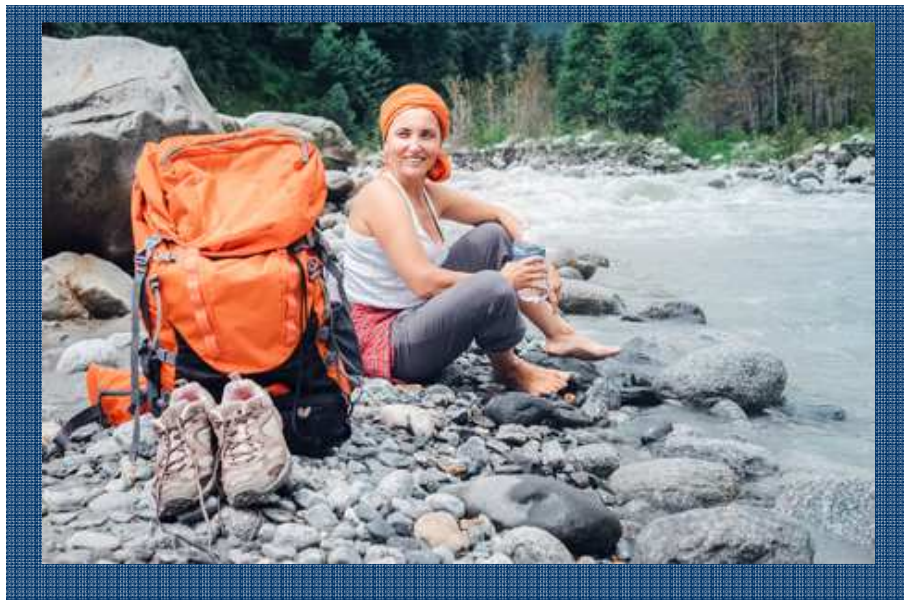
Change dressing or Band-Aid to prevent areas becoming moist or soggy.

4. Other important tips: If you are camping out overnight, make sure to wash your feet using biodegradable soap before sleeping and dry well.

You may massage your feet at intervals and whenever you take a long break, it is also good to take off your boots, and apply foot powder.

5. Recommended Medical Kit: Make sure you are equipped with the following products:

Straight nail scissors, disinfectant, surgical tapes, Band-Aid blister, foot powder, and anti-fungus cream.



With the above guidelines in mind, you can confidently step out for your next mini adventure! ♦

Prevention & Home Treatment for Bunions, a Common Foot Deformity

Bunions are a commonly seen type of foot deformity. They are defined as a bump on the metatarsophalangeal (MTPJt) joint at the base of the big toe and are a result of the misplacement of bone or tissue at the joint. When bunions form the toe is forced to bend towards the others, creating a lump of bone on the foot.

If left untreated, bunions can become painful due to friction, pressure, development of a bursa (fluid filled sac) but also as the MTPJt joint is responsible for carrying a great deal of body weight while walking.

Prevention & Home Treatment for Bunions, a Common Foot Deformity (cont'd from previous page)

The MTP joint may become sore and stiff which can make wearing some shoes difficult or impossible.

Causes

Bunions are due to multifactorial causes: family traits, footwear habits, occupations and from a disruption of the normal balance of forces that are exerted on the joints and tendons of the foot. This disruption can lead

to instability of the affected joint, causing the deformity. Years of abnormal pressure and motion over the MTP joint can exacerbate the development of bunions, which are considered to be progressive when combined with the way we walk, our inherited foot type, or our shoes.

Symptoms

Symptoms of a bunion may include the following characteristics:



- Swelling, redness, or pain at or near the MTP joint
- Painful or restricted movement of the big toe
- Development of a firm bump at the base of the big toe, on the outer edge of the foot
- Corns or other foot irritations caused by the overlapping of the first and second toes

Prevention

By taking the following actions, we may prevent or slow the progression of bunions, or gait problems associated with them:

- Avoid shoes with a narrow toe box
- Wear supportive shoes with custom

orthotics from a chiropodist if necessary

- Seek treatment for a bunion at the first signs and symptoms to stop or slow progression – treatment may include night splinting or muscle strengthening.

Home Treatment

Measures that can be taken at home to get relief from discomfort:

- Cushion the bony prominence with a commercial bunion pad that is non-medicated
- Wear shoes with a deep and wide toe box
- Ice packs can be applied several times a day to reduce swelling and soothe inflamed and painful areas
- Avoid wearing heeled or tapered toe shoes.

Prevention & Home Treatment for Bunions, a Common Foot Deformity (cont'd from previous page)

When to Seek Help

Bunions tend to become larger and more painful if not treated early, which makes non-surgical treatment less of an option. If pain is persistent or the bunion is causing disruption of your normal activity, treatment should be sought from your chiropodist. ♦

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*The Care,
Professionalism and
Time that your feet
deserve*



From our Twitter feed (@footcareontario)

Canadian flag tulips for Surrey war graves cemetery

Maple leaf-inspired tulips are blooming in tribute to more than 2,700 Canadian servicemen and women buried at a military cemetery.



The flowers at Brookwood Military Cemetery in Surrey, UK mark Canada's 150th anniversary and the Commonwealth War Grave Commission's centenary.

Dozens of the Canada150 bulbs planted in January, have flowered with white leaves and red flames to echo the national flag.

An exhibition has opened to the public.

The bulbs were donated to the Commonwealth War Grave Commission (CWGC) by the Canadian High Commission in London and planted at the beginning of the year.

David Richardson, CWGC's director of horticulture, said: "Being planted in late January, we weren't sure if the bulbs would flower in time for spring but they have come up a treat.

"It's a wonderful tribute to the Canadians buried at Brookwood in this the country's 150th year and the CWGC's 100th year."

Brookwood cemetery has more than 5,000 war graves in the 37 acre site, with just over 1,600 from World War One and more than 3,400 from the Second World War.

About 2,400 Canadian graves of those killed in during World War Two are in a plot in the west corner of the cemetery including those of 43 men who died of wounds following the Dieppe Raid in August 1942.

The Canadian Records building, which was a gift of the Canadian government in 1946, will be home to the CWGC's centenary exhibition between 20 May and 19 November.

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