

Monthly Newsletter

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**Contact Your Foot
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Injury Prevention When Playing Golf!

You might think that since golf does not require jumping or running there is no possible way players can hurt their feet. The truth is that they can.

Common injuries golfers suffer from on their feet include heel pain, intermetatarsal neuroma, extensor tendinitis, lateral ankle pain, hallux subungual hematoma and stress on the ball of the foot.

Characteristics of golf injuries to the feet

Heel pain, including plantar fasciitis can occur because of excessive walking on the golf course. It can be very painful and often includes of a condition of the tight band of tissue that forms the arch of the foot.

The ball of the foot can also suffer in golf, more specifically the foot that pivots to help drive the golf club through the swing is particularly vulnerable. Ball of foot pain is called metatarsalgia, though neuromas, capsulitis of the second toe, and increased pain in the big toe are also common.

As for the intermetatarsal neuroma, it is most common in the third interspace, often on the non-dominant foot, (such as the left foot if the golfer was right-handed, for instance). This condition causes irritation of the nerves serving the toes and the person might feel burning, numbness and pain in the toes.

Oh No!!

*In May, we had 10
patients that failed to
attend their
appointment!*



Injury Prevention When Playing Golf!

(Cont'd from previous page)

Extensor tendinitis can happen to the golf cart drivers when they depress the parking brake. This can cause a strain on the extensor tendons and needs to be treated by a specialist like any other tendinitis.

A golfer could also experience lateral ankle pain due to an excessive motion of the rearfoot when he or she swings. The person with this injury will have pain in the ankle and on the lateral midfoot. Also, swelling may occur.

Finally, hallux subungual hematoma is a condition that occurs if the golfer applies excessive pressure to the big toe when he or she swings and it typically happens on the dominant foot.

Dealing with injuries on the feet from golfing

If you experience pain of any sort, the best thing to do is see a specialist.



A foot specialist will perform an evaluation and determine what type of injury you have, as well as what the most convenient treatment is.

Nonetheless, it is important to prevent these injuries from happening. The golfer should

pay attention to how they use their feet, especially when swinging, and taking necessary rests if they have a practice that requires long walks around the golf course.



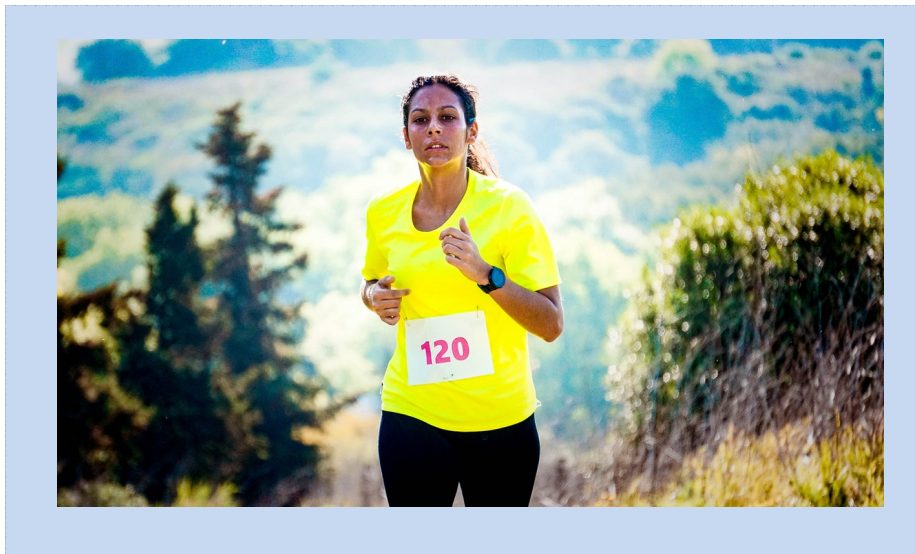
A Healthy Weight for Healthy Feet

Did you know that being overweight might cause problems to your feet? Since they bear the entire weight of the body, they can suffer from different injuries and pain if that weight becomes too much to bear.

Some of those painful conditions can be tendon inflammation; inflammation of the plantar fascia; gout; stress fractures; bunions; pressure ulcers; and osteoarthritis. Nevertheless, it is not only the feet that can

suffer. When a person has too much weight, the knees tend to come closer together while walking, which shifts the body weight to the insides of the feet.

If the weight is on the inner part of the feet the arches will suffer, as well as the tendons of the feet and ankles. An overweight person may also develop hip and back problems as a consequence.



How much weight is bad for the feet?

You might be thinking that 25 pounds, or 12 kilograms of extra weight is not too difficult for the feet to support. However, every extra ounce makes a difference.

Take into consideration that it doesn't matter where in the body you have a little extra weight. The feet will always be the ones having to carry the burden.

How you can deal with pain on the feet

If you are suffering from feet pain because of weight, a chiropodist could provide custom orthotics for more cushioning and stability, as

well as pain medication to deal with inflammation. He or she may also recommend a series of exercises that will help you stretch and strengthen your feet and ankles.

Try to wear comfortable shoes that offer adequate support. Sandals, flip flops or heels might not be the best choice for you.

In the long run, the best way to solve feet and ankle pain caused by being overweight is to lose the extra weight. It's time to lead a healthy lifestyle; make sure to eat balanced meals and start working out more! If your knees experience pain while exercising, you should consider taking up low-impact sports. ♦

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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*



New team member – Carol Grogan

We would like to introduce the newest member of our team.....Carol, who joined us in April 2019. She will be working alongside Bev at the front desk and assisting in keeping the clinic running smoothly.

She has her diploma in Medical Office Administration from Mohawk, along with her certificate in Dental Office Administration from Niagara College.

She has many years of office administration experience. She is happily married with 4 great children.

Her passion is downhill skiing.

Be sure to say Hi, to Carol next time you are in the office.



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<https://goo.gl/rrcF33>

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