

# Monthly Newsletter

Free please take a copy



Mar 2017 | Issue Number 22



**Contact Your Foot**

**Specialist/Chiroprapist:**

**The Footcare Centre**

**905-357-0214**

[niagara@thefootcarecentre.ca](mailto:niagara@thefootcarecentre.ca)

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

Web:  
[www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

**Doh!**

*In February we had 11 patients that failed to attend their appointment!*

## Exercise Benefits for Your Feet!

Exercising regularly has loads of benefits; and different kinds of exercises impact different parts of our body. Simple leg exercises such as walking, squats, lunges, balancing, tiptoe raises and toe crunches can make your legs stronger and try to ensure you stay away from problems associated with muscle weakness fatigue.

Some of the benefits of exercising your legs and feet are listed below:

### **1. Increased Strength and Flexibility**

Leg exercises benefit people by strengthening the muscles in different parts of their legs.

It also benefits the toes by increasing their strength and

flexibility, also helping towards balance for a confident gait.

### **2. Smart Neuromuscular Connections**

Exercises like 'toe crunches', 'Big Toe Down' and balancing on a single leg facilitates the development of smart neuromuscular connections within the feet.

Having smart feet means you will have a strong base, a healthy kinetic chain and leads towards better functioning within the body.

### **3. Reduce strain Injuries**

Doing flexibility exercises such as calf stretching helps in reducing different forms of strain injuries.



## Exercise Benefits for Your Feet! (Cont'd from previous page)

### 5. Strengthen the intrinsics

Gripping the ground with the toes and releasing it can help in stimulating the movement of the arch lifting. This is highly important for all of us who wear shoes all day where our arch muscles (our intrinsics) may tend to get weaker

#### Summary

It is very important for people to do any kind of exercise on a regular basis, for your legs

as well as the whole body's wellness.

Doing so for about a few minutes each day will not only help in leading a healthy life but also ensure that you are full of energy. There are a wide number of exercises that can be used for improving your balance, alignment as well as flexibility.

Ask your foot specialist if there are any specific foot or leg exercises they feel would benefit you!♦



## 5 Tips to Improve Blood Circulation

Proper and smooth circulation of blood throughout the body is essential for the effective functioning of all the organs. These include the heart, abdomen, liver, kidney, arms and the legs or feet.

All the different types of cells in the body (such as muscle or nerve cells) need their daily quota of essential nutrients and oxygen for general upkeep (called homeostatis), growth and development.

However, illnesses, unhealthy lifestyle habits,

long working hours and wearing tight-fitting clothes are some of the factors which can adversely affect blood circulation to the extremities, especially the arms and the feet.

Common signs of poor blood circulation include muscle cramps, tingling, numbness, and throbbing pain in the feet.

The following are some ways in which you can improve blood circulation starting today!

## 5 Tips to Improve Blood Circulation (Cont'd from previous page)

### 1. Keep Yourself Active

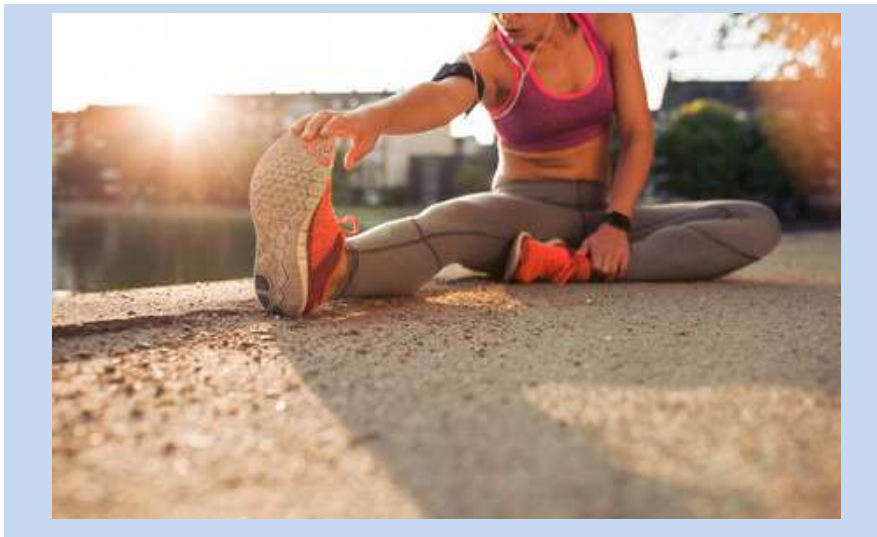
Remaining sedentary for long periods, either in a standing or sitting position, interferes with your blood supply. Therefore, you should take a break occasionally to pace up and down the passageway, or stretch your limbs to restore normal circulation.

### 2. Hydrotherapy

Hydro- (or water) therapy can take different guises. You can use alternating

temperatures when you shower, alternating from cool to warm is one technique, or using a massage function shower head or spa bath to encourage circulation in the epidermis.

Hydrotherapy is also useful when trying to exercise- utilize the water at the pool to support your bodyweight to help you achieve greater strength and mobility.



### 3. Exercise Regularly

Exercising or working out on a regular basis is necessary for stimulating blood flow. There are many ways of getting physical exercise, including walking, running, swimming and playing an outdoor sport. You can also try pacing up the stairs to get to your office.

### 4. Wear loose-fitting clothes and appropriate- sized footwear

Refrain from wearing very tight-fitting underwear, skin-hugging trousers, and tight shirts. Put on appropriate size shoes that allow your feet to breathe, and preferably

use lace-less footwear that let you step in and out comfortably.

### 5. Drink 8-10 glasses of water every day

As an adult, your daily water intake should be at least 1.5 liters. Keep on drinking water and fluids throughout your workday.

### Conclusion

Our entire cardiovascular system includes a fit heart, effective arteries carrying blood to our extremities and effective veins carrying the circulation back again.

If you are worried about the veins or arteries in your legs or feet be sure to mention it at your next visit!♦

## The Footcare Centre

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

**Phone:**  
905-357-0214

**E-Mail:**  
[niagara@thefootcarecentre.ca](mailto:niagara@thefootcarecentre.ca)

**Web Site:**  
[www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

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



Like / Follow us....



[www.facebook.com/footcarecentreniagarafalls](http://www.facebook.com/footcarecentreniagarafalls)



<https://twitter.com/footcareontario>

## Maintaining healthy feet for walking

If you are going on a long walk, prepare well ahead. Take your shoes for a 'trial walk' and build up the distance gradually; don't try to complete a Marathon on your first trip! It's also a good idea to pay a visit to your chiropodist / foot specialist who will be able to give advice, and treat any corns or callus you may have. Take some first aid supplies, like plasters or antiseptic cream, on your walking trip in case of accidents. It's also a good idea to put some vaseline between your toes to prevent chafing.

Begin your walk at a slower pace and gradually increase the speed of your walk. This will give the muscles, bones, tendons and ligaments that make up your feet the chance to get used to the activity. If you experience any discomfort or foot pain, then it may be an indication that something more serious is wrong. We all know that "an ounce of prevention is better than a pound of cure". In many cases, early diagnosis can prevent a small injury from becoming a larger one.

### Five top tips

1. When buying shoes, wear the same socks to the store that you will wear while walking.
2. Try on at least four or five pairs of shoes. Put on and lace both shoes of each pair and walk around for a minute or two.
3. Good foot care is essential in keeping your feet comfortable and fatigue and injury free.
4. If you experience any sort of foot pain, consult a chiropodist.
5. Before you walk, go through a warm-up and stretching routine.

Copy reproduced from [www.walkingconnection.com](http://www.walkingconnection.com)

## Calendar of Events

Please note that the office will be closed for vacation from Monday March 13<sup>th</sup> to Monday March 27<sup>th</sup> inclusive.

**Attribution:** All images are from 123RF