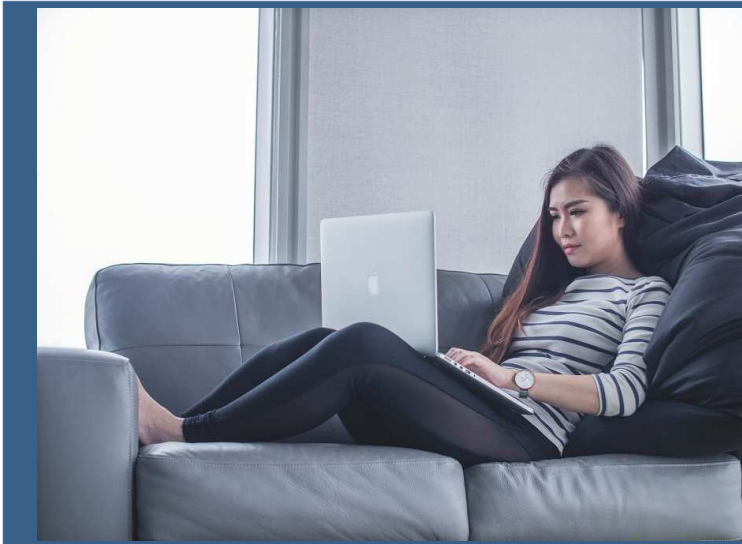


# Monthly Newsletter

Free please take a copy



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## Accepting new patients

Contact Your Foot

Specialist/Chiropodist:

**The Footcare Centre**

**905-357-0214**

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

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

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

## Working From Home and “Lockdown Feet”

Working from home has become common in the last few years. Many companies have introduced flexible work arrangements, resulting in some pros and cons.

For example, the decrease in social life among co-workers seems to be a common complaint, while convenience and productivity are some of the main advantages.

However, other aspects of working from home should not go unnoticed. One of the most significant ones is our health.

As we deal with online meetings, we make sure our face and upper body look neat. But many of us tend to pay less attention to what's below the waistline – and that includes our feet.

### *Common Foot Problems When Working from Home*

We tend to stay barefoot or wear slippers or sandals as we work from home, depending on the weather. This is an issue when we start doing other things inside our homes, without changing into the right footwear.

Exercising, cleaning, feeding our pets, or cooking, requires us to stand for long periods or move around the house. Without wearing appropriate footwear, this could damage our feet in the long term. Here are some possible foot problems that may arise:

- Weakening of small muscles and arches.

## Oh No!!

*In Feb, we had 7 patients who failed to attend their appointment!  
Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list*



## Working From Home and Foot Care (Cont'd from previous page)

(So, if you like to take advantage of that spare time between job tasks to exercise or do housework, remember to wear shoes with adequate support. Wearing slippers while doing these may result in foot pain.)

- Decrease of body temperature. Sometimes, low temperatures may go unnoticed as we are busy working. This worsens if we are barefoot and keep our feet in constant contact with the floor. Chilblains are itchy sore patches caused by cold toes.

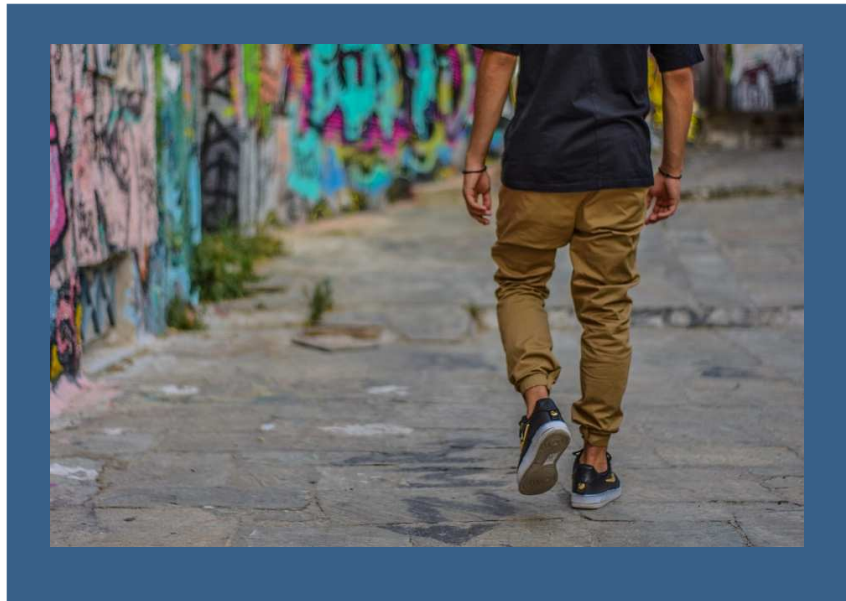
- Feet Numbness. Sitting for extended periods may affect our blood flow. Thus, blood may not circulate to our feet in adequate amounts, causing recurring numbness or tingling.

- Body pain. Our legs, back, neck and many other parts of the body may start aching due to improper footwear while we work or perform housework.

### *How To Take Care of Feet While Working From Home*

Fortunately, working from home does not necessarily mean that our foot health would deteriorate.

There are plenty of things we can do to keep our feet and ankles healthy- for example, make sure to have your exercise shoes within reach, so that you could change into them when working out or doing household chores.



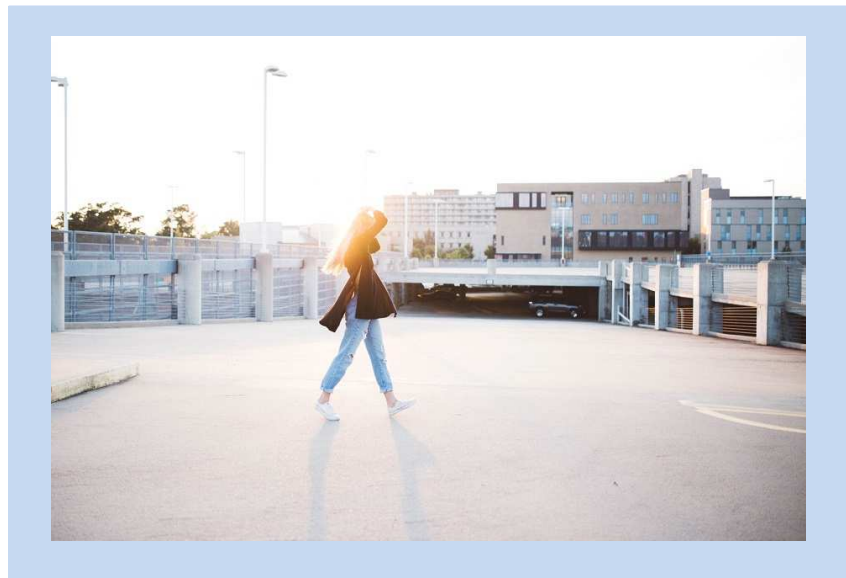
Other measures include taking short walks or doing leg stretches. You could even do this at home if the weather is bad. Such simple exercises will improve blood flow, raise your body temperature, and help to release stress.

We are seeing lots of foot injuries, aches and pains related to “lockdown feet” and so feel free to visit us if you need help. ♦

## Swollen Feet

Swollen feet may not always be alarming. Our feet can swell due to long walks, ill-fitting footwear, or spending a long time in a standing position. That's why people don't usually pay attention when they see their feet swell.

However, when feet stay swollen for a long time, they could be a red flag for more severe conditions. It is imperative to inform your chiroprapist if you notice recurring swollen feet.



- Pregnancy can also result in swollen feet. This is quite common, as liquid tends to build up in the feet. However, if it becomes excessive, it may signify preeclampsia due to high blood pressure.

- Infections can also lead to foot swelling. Diabetes or any nerve problem may lead to unnoticed infections. If you suffer from these ailments, make sure to check on your feet regularly.

- Venous insufficiency or blood clots are another possible cause, and require medical attention.

## Causes for Swollen Feet

Swollen feet may be the result of an injury or a health condition. Receiving professional help in time may prevent the condition from worsening. Some of the most common causes for swollen feet are:

- Foot or ankle injuries. Sprained ankles or severe concussions can cause feet to swell. Putting ice on the affected area can help reduce swelling. Elevating your foot and resting from any type of activity is also recommended.

Other factors leading to swollen feet include alcohol consumption, hot weather, side effects of medication, and liver or kidney problems.

If you notice severe or prolonged foot swelling, make sure to seek medical attention as soon as possible. You may be advised on compression socks and elevating your feet.

As always, make sure to visit us if you experience foot problems and are unsure of the next course of action! ♦

## The Footcare Centre

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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



## Spotlight on...Colleen Morton, Medical Admin Assistant

### Tell us a little of your history before joining The Footcare Centre?

I was born and raised in Montreal. I moved to Niagara at 19 years old and started a family at 21. My boys are 15 and 12.

### How long have you worked at The Footcare Centre?

I had the privilege to meet my work family 6 months ago.



### What do you enjoy about working at The Footcare Centre?

I enjoy the family feel of the office as well as working as a team to get the most out of each day and seeing how happy our patients are once they leave.

### What aspect of your job provides you with the most satisfaction?

Getting all the tasks done that need to be done each day.

### What have you learnt from the patients?

That true love still exists! When I see many of our elderly couples come in, taking care of each other and having been married for a very long time, this gives me hope!

### What do you enjoy doing when you are not at work?

I enjoy going out with my boyfriend to Margaritaville and sharing a plate of their famous volcano nachos. I also enjoy taking long drives and exploring new places.

### So.....what are your feet like?

My feet are as beautiful as Cleopatra's! I should be a foot model 😊

Would you be willing to write a Google review about your experience at your last appointment? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.



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