

Monthly Newsletter

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Foot care in pregnancy is very important due to increased pressure on the feet

Contact Your Foot

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Doh!

*In April we had 3 patients
that failed to attend
their appointment!*

Relieving Foot Pain during Pregnancy

During pregnancy, a woman's body undergoes many changes, some of which occur in the lower limb. A common and overlooked complaint for many expectant mothers is foot pain. Weight gain is a natural and expected part of pregnancy; however, it causes a woman's center of gravity to be completely altered.

As a result of this change, many women acquire a different weight-bearing stance with added pressure to the knees and feet. Two of the most common causes of foot discomfort during pregnancy are over-pronation and edema.

Causes

Over-pronation is sometimes referred to as "flat feet". This condition is caused when the arch of a woman's foot flattens out when weight bearing and

her feet roll inward when walking. This can create additional inflammation or stress on tissue like the plantar fascia, the band of fibrous tissue that runs between the heel and the forefoot.

Over-pronation increases the strain on a woman's feet, calves, and/ or back – conditions that can be very painful when walking.

In the latter stages, pregnant women are troubled with edema, also referred to as swelling of the feet or ankles. During pregnancy, extra fluid is accumulated in the lower limb, resulting in edema.

Venous circulation is slowed and blood begins to pool in the lower extremities as a result of a woman's pregnant uterus placing pressure on the blood vessels in the legs and pelvis.



Take great care outdoors

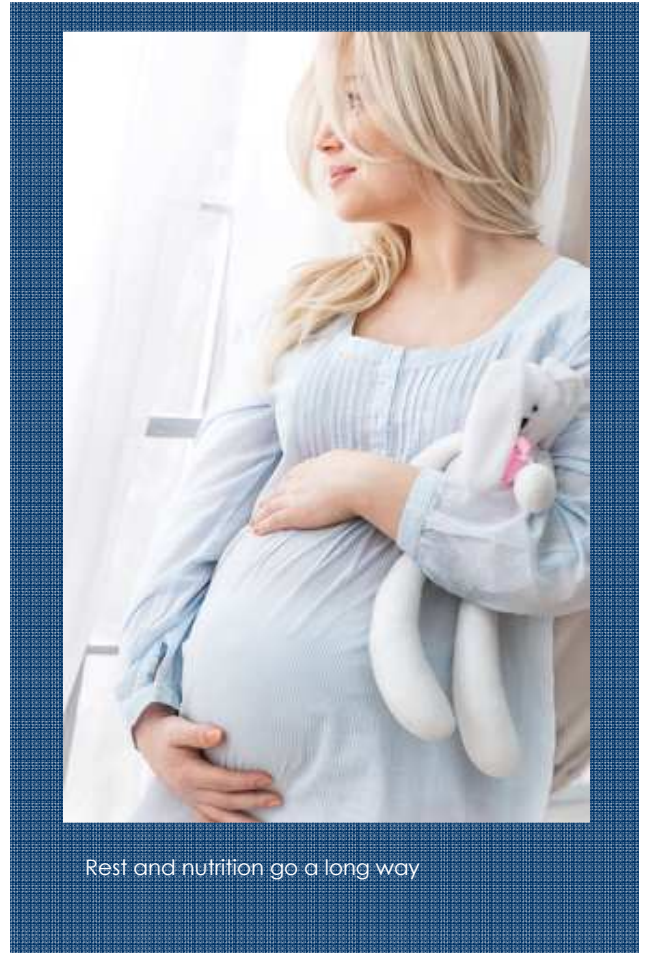
Relieving Foot Pain during Pregnancy (Cont'd from previous page)

Water fluid distribution is altered in pregnancy as its displaced throughout the body. It is quite common for feet to become purplish in color due to swelling.

Prevention and Treatment

Pregnant women don't have to suffer from swelling and discomfort daily as there are measures that can be taken to promote and maintain good foot health. These include the following:

- Wear fastening, supportive footwear that support the foot and can be adjusted for swelling. Running shoes are perfect!
- Keep feet supported by placing supportive insoles inside your shoes. You may need to speak to your clinician about a more custom orthotic.
- Seamless socks without elastic tops don't interfere with circulation, however you may need to speak to your clinician about prescription compression socks.
- Take regular breaks for stretching if you are driving long distances.
- Exercise moderately to promote the circulation of blood and fluids from your legs to the rest of your body. Walking is a preferred exercise.
- Adequate water intake aids in the flushing out of excess fluids. Also limit your consumption of caffeine and salt as they can make your body retain extra fluids.
- Frequently elevate your feet and apply ice packs as needed to ease pain and reduce swelling.
- The swelling in your feet increases the more you stand, so limit time standing on your feet to prevent severe edema.



Rest and nutrition go a long way

- Treatments includes the use of orthotics designed by a qualified specialist to correct over-pronation, or compression hosiery prescribed by a physician and correctly fitted.

Summary

For many women, pregnancy is one of the most enjoyable and memorable life experiences. Suffering with pain and swelling is not how you want to remember this special time!

Be sure to get adequate rest and nutrition and provide your troubled feet with the necessary support. These measures can help to keep your feet healthy and comfortable. ♦

Causes of Morton's Neuroma

What is Morton's Neuroma?

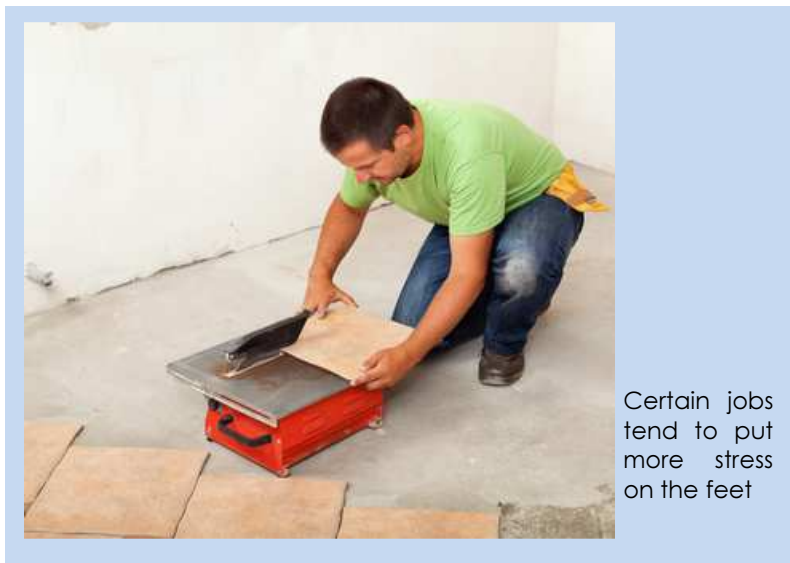
Morton's neuroma is a painful condition that is due to inflammation of the nerves of the foot that go to the toes. It most commonly affects the area between the third and fourth toes.

Morton's neuroma is often described as quite similar to standing on a pebble in the shoe. Others feel burning or tingling sensation to the toes. Discomfort is often worse during walking or running.

Causes of Morton's Neuroma?

The exact cause of Morton's neuroma is unknown. However, it is believed that trauma, irritation, or pressure to the nerve contributes to typical neuroma symptoms.

Foot conditions such as flat feet or high arches can contribute to Morton's neuroma. This is because both these conditions cause biomechanical problems in the foot, leading to instability of the toe joints.



People with previous foot injuries such as stress fractures and sprains will be more prone to neuroma development. Repetitive stress to the nerve around the ball of the foot can also be a factor.

Certain foot deformities such as hammertoes and bunions can cause neuroma, most likely because of the increased nerve irritation around the toes.

Wearing shoes that are too tight is also a common cause of Morton's neuroma. When the toes constantly get squeezed together, the toe bones can pinch the nerve, causing swelling and pain.

In time, the nerve that runs between the toes can get thicker. The condition is around 9 times more common in women, perhaps due to the usual choice of footwear - high-heels with tight and pointed toe boxes.

Some occupations may put undue stress on the feet and may be more at risk for neuroma development. Examples are those who work in occupations that involve repetitive squatting and knee bending, or wearing heeled dress shoes.

(Continued next page...)

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The Care,
Professionalism and
Time that your feet



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Causes of Morton's Neuroma (cont'd from previous page)

Treatment

If diagnosed and managed early on, there may be no need for surgery. The treatment can be as simple as changing the type of shoes. It is helpful to wear shoes with wider toe boxes and soft soles. Other conservative measures include foot massages, ice packs, physical therapy, oral pain medications, or local anesthetics around the neuroma.

If you have any concern about neuroma, check with your Foot Specialist / Chiropodist to see what can be done! ♦

Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact us.

Thanks for your support!



Calendar of Events

Our office is moving!!

We are busy and growing, so we are moving to the penthouse suite! Suite 302 is located at the front of this building on the 3rd floor.

We expect to be moving in over the weekend of May 6 – 8th.

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