

Monthly Newsletter

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**Contact Your Foot
Specialist/Chiroprapist:**

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Children's Foot Conditions and Appropriate Remedies

As toddlers grow up and take their first steps, they may start to experience a range of foot issues, including plantar warts, ingrown toenails, heel pain, and flat feet.

Often, some of the foot issues faced by children correct on their own but you should consult a Chiroprapist / Foot Specialist if you feel that your child's problem has persisted or worsened.

Tips for Balanced Growth

You should follow the tips in order to promote balanced growth and development of your child's feet.

1) From the time they are small, examine the feet of your children closely. Most of the foot problems faced by babies

relating to the plantar, arch, ankles and toes generally go away automatically as they grow up.

However, if you notice that your little one has bow legs, in-toeing, toe-walking, out-toeing or flat foot, and the problem persists, don't put off contacting a medical professional. Early or timely treatment can correct an issue that might become chronic if ignored.

2) Let toddlers remain barefoot indoors: Allowing your child to remain barefoot as long as he/she is inside the home goes a long way in promoting natural development of muscles and bones in the lower extremities. Walking barefoot fine-tunes the traction capacity of the toes as well as improves gait and balance.

Doh!

*In April we had **14**
patients that failed to
attend their
appointment!*



Children's Foot Conditions and Appropriate Remedies

(Cont'd from previous page)

3) For protection, ensure that the child has their socks and shoes on when preparing to go outside.

4) Plantar warts is a very common foot issue faced by the children where the affecting virus enters the foot's sole via bruises or cuts that occur while playing.

5) Buy shoes that fit appropriately: Though this goes without saying, you need to make sure that your child is wearing shoes that

are a proper fit. Aim for a finger width at the end of the longest digit.

6) Cut toenails straight across, according to the natural contour: Be very careful while cutting toenails. Clipping the nails awkwardly may lead to ingrown toenails.



Conclusion

A child's feet grow quite fast, and the developmental changes associated with muscle or bone growth can cause foot issues.

Always keep an eye out for any foot problem that inconveniences your kid. Consult your podiatrist without delay if you observe any aberrancy or abnormality! ♦

Alumnus meet up

Stuart Berry was excited to attend an alumnus evening hosted by his University, The University of Salford, at The University Club of Toronto.



This year is special for both Stuart and his university with Stuart celebrating 20 years since his graduation and Salford University celebrating its semi centennial year.

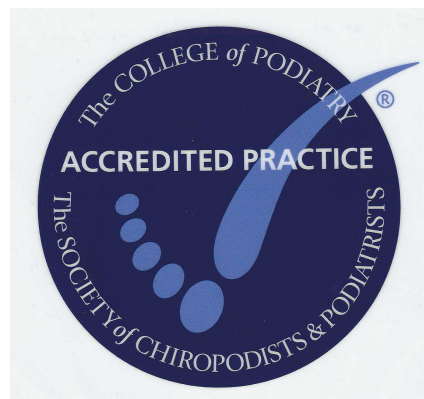
The Footcare Centre Accreditation

Stuart Berry remains a member of the College of Podiatry in the UK. We are pleased to announce that the College of Podiatry has granted The Footcare Centre here in Niagara Falls ON, 'Accredited Practice' status.

What does it mean?

According to the College of Podiatry, "For our practice to have been accredited by the Society of Chiropodists and Podiatrists we have reviewed our practice standards to ensure they comply with national standards and best practice within the profession. We applied for practice accreditation

because we feel our clients have the right to be confident that their care is being provided within a safe environment.



May is Foot Health Month

Be one of the first 50 clients during the month of May to mention Foot Health Month to us and receive a pair of Simcan Comfort Socks.

Foot Health Month happens internationally every year to promote foot health and educate regarding the treatment and prevention of foot problems.

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The Care,
Professionalism and
Time that your feet
deserve


The Footcare
CENTRE




Let's Talk About Your Feet!

May is Foot Health Month!

Talk to your chiropodist or podiatrist about the treatment and prevention of foot problems.

Visit www.podiatryinfocanada to find one near you or call 1-888-706-4444

 CFPM
Canadian Podiatry Association of Public Health Medicine

Feedback

As part of our quality control *you* are important to us and we are always grateful for your constructive feedback to help us improve.

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