

Monthly Newsletter

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Contact Your Foot

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Plantar Fasciitis (Pain under the heel or arch)

Plantar fasciitis is a condition that causes pain under the heel and/or through the arch of the foot. In fact, it is the most common source of heel pain in the US, and it affects nearly 10% of people at some point in their lifetime.

One of the classic symptoms is sharp heel/arch pain with the first few steps out of bed in the morning. Pain can also worsen with long periods of standing or activity.

The plantar fascia is a thick fibrous band of tissue helping anchor the heel to the toe joints through the arch of the foot. It helps the foot in shock absorbing and propulsion during activity. When it is overworked it can be injured, causing inflammatory or degenerative changes to the plantar fascia. Risk factors for developing plantar fasciitis include high

BMI, tight muscles, low arches, high arches, overuse, starting new physical activities and poor footwear. Plantar fasciitis can affect people of all ages, but most commonly affects those aged 25-65, with women being twice as likely to be affected.

Be sure to visit your chiroprapist for a comprehensive, individualized treatment plan. At home the following home treatments can start immediately:

- Rest as much as possible
- Apply ice for 15 minutes at the end of the day and additional times during the day
- If possible, wear running shoes indoors

Oh No!!

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



Plantar Fasciitis (Pain under the heel or arch)

(Cont'd from previous page)

- Gently roll a tennis ball through the arch for 10 minutes/day
- Stretch the calf muscle 3 times/day for 30 seconds
- take your chosen pain-reliever to manage and improve symptoms.
- Be sure to avoid any activities which seem to aggravate the condition.

Your chiropodist can offer additional treatments such as custom orthotics, laser therapy or ultrasound therapy, taping/strapping techniques, night splints, shockwave therapy or cortisone injections.



Cuboid Syndrome

Cuboid syndrome is a condition caused when an injury to the joint and ligaments that surround the cuboid bone occurs.

The cuboid bone is one of the seven tarsal bones of the foot. When injured, pain often appears on the outer lateral side of the foot, but it can also happen around the center or

at the base of the 4th and 5th toes.

This syndrome is hard to diagnose because it is not easy to tell exactly where the pain comes from. It can also be confused for a stress fracture, which is rare in this bone.

Cuboid Syndrome (cont'd from previous page)

How can the cuboid bone get injured?

This bone can get injured suddenly by misstepping, falling or by an overuse of the foot joints, as in the case of dancers or athletes. Nonetheless, being overweight could also cause this symptom to appear.

What occurs is that the cuboid bone moves down and out of alignment with the other bone joint, which is the calcaneus.

Also, runners can develop cuboid bone syndrome because of extended periods of intense physical activity. When the foot is not properly stretched before and after a long period of activity, the cuboid bone may also become injured.

Sprained ankles can lead to the cuboid syndrome, more specifically those that occur inwards, as well as on people with pronated feet



(which means that they turn their feet inwards when they walk).

Fractures on a bone that is connected to the cuboid can also cause this syndrome.

Sports that require rapid, side-to-side movements, climbing stairs, wearing shoes that don't fit properly or don't have adequate support, training on uneven surfaces and not getting enough rest after a strenuous activity can also help develop the cuboid syndrome.

Cuboid syndrome symptoms

The most common symptom is pain on the lateral side of the foot where the small toe is.

This pain could spread to other areas of the foot when standing on the toes.

In addition, the affected area might get red and there can be a loss of mobility in the ankle. The person might experience weakness in the toes and swelling near the dislocated ligaments or the ankle.

Cuboid syndrome could also make the affected person change the way they walk because of the pain, and limp or sway from side to side. If you encounter any problems with walking, make sure to visit your podiatrist to find out the cause of the problem! ♦

Bake the Seasons

For those of you who used to know podiatrist Mike Dilonardo before Stuart and Jake were here at the office you will also remember friendly Rose Dilonardo on front desk.

We recently heard from Mike and Rose as they excitedly told us about their daughter Marcella who has just published her first cookbook.

Now both Stuart and Des at the office have experienced Marcellas baking first hand and may have been one of the first at Indigo to buy Marcellas book,

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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*



keen to get hold of those recipes.

If you would like to try the joys of Marcella DiLonardo's "Bake the Seasons" then hunt it down at your book store now, or check out Marcella's amazing food Blog at www.heymodestmarce.com for more amazing recipes to die for.

.....feeling hungry anyone?



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