

# Monthly Newsletter

Free please take a copy



**Accepting new patients**

Contact Your Foot  
Specialist/Chiroprapist:

**The Footcare Centre**

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## Update

We are pleased to advise that we remain open during the extended "stay at home" order. Current services remain unaffected, and we are staying open to offer you care for all essential foot care needs.

## What Should You Do After Dropping a Heavy Object On Your Feet?

Foot injuries like a broken foot or toe can result from dropping a heavy object on your feet.

Dropping a heavy object on ones foot, unfortunately, is a common occurrence for people of all ages. Usually, it does not require emergency medical attention unless there is an open wound, intense pain, or if you have diabetes.

*Note: If you experience severe pain or bleeding, seek medical attention immediately.*

### Symptoms of Broken Feet or Toe Injuries

Sometimes dropping a heavy object on your foot results in a broken bone (fracture). Symptoms of a fracture include:

- Tenderness in the area
- Swelling
- Redness
- Heat
- Bruising
- Tingling or burning pain
- Deformity
- Difficulty walking

### What to do if You Drop a Heavy Object on Your Foot

Treatment methods depend on how severe the damage is. Some minor injuries can be treated safely at home with first-aid treatment. Here are some simple self-care tips after a foot or toe injury.

#### 1. Cold Compress

Put an ice pack on the injured area for 15 minutes, at one-hour intervals. Do not put the ice directly on the skin.



## What Should You Do After Dropping a Heavy Object On Your Feet?

(Cont'd from previous page)

### 2. Rest

Avoid doing strenuous activities like prolonged walking after the injury. If you find it difficult to walk, use a crutch and seek medical attention.

### 3. Elevate Your Feet

Keep the feet elevated above the heart level to decrease pain and swelling. You may also prop your feet up with pillows when sleeping.

For pain and minor swelling, over-the-

counter pain relief medications, like Advil or Aleve can be helpful.

### When to Seek Medical Care

Seek prompt medical attention if there is bleeding, severe pain, discoloration, severe swelling, or if you find it difficult to walk. Also, never delay going to the chiropractor or wait for symptoms to worsen, as they may result in long-term problems or infections.



Your chiropractor can help assess your condition by taking your medical history and thorough physical examination of the injury. They may schedule you to take imaging tests such as x-rays or bone scans. An x-ray is the most common imaging required. Only a medical specialist can determine if you have a minor injury or one that needs dedicated medical treatment.

Recovery may depend on the severity of injury. Always ask your specialist for advice before resuming normal activities. Finally, be sure to attend scheduled check-ups to make sure that your healing process is right on track. ♦

## Caring For Dry Feet

Having dry, cracked heels or feet is not a surprise to most of us. At times, we tend to forget to include our feet in our skincare routines. Just like other body parts, your feet need special care and attention.

### *What Causes Dry Feet?*

Dry feet is a condition where you experience rough-textured and dehydrated skin on the feet. Compared to other areas of the body, the skin of your feet contain fewer oil glands. Thus, the skin on your feet

tends to be more sensitive and prone to dehydration. Dry skin or xerosis may result from many risk factors that include:

- Stress
- Aging
- Cold weather conditions
- Harsh ingredients from soap products
- Skin conditions like psoriasis, rashes, or eczema
- Diabetes



### *Self-Care Routine For Dry Feet*

Dry skin on the feet may also cause you to walk uncomfortably. So, it is essential to keep your feet healthy and protected. Here are some simple ways to treat dry feet:

1. Moisturize and keep feet hydrated. Use lotions or creams that contain urea, a moisturizing agent that hydrates and softens the skin. However, keep the area between the toes dry to prevent fungal infections.
2. Wear the right shoes and socks. Choose well-fitting shoes that allow breathability and comfort.

3. Do regular foot scrubs. A regular foot scrub session (once or twice a week) can smooth away dry feet and calluses.

4. Avoid barefoot. Barefoot on hard surfaces such as wood, or tile will cause hard skin to develop on your feet. Use socks and home footwear to cushion the soles of your feet.

5. Use a pumice stone to exfoliate.

6. If you have particularly dry feet with hard skin, try putting on moisturizer and then wear your socks to bed.

Wash your feet with warm water in the morning. This routine will peel dry and rough skin when done regularly.

## Caring For Dry Feet (Cont'd from previous page)

### Final Comments

If you notice dry skin on your feet often, a simple foot care regime could go a long way in improving its condition. Be sure to consult with your chiropodist for advice on self-care routines, and you could be on your way to having soft and hydrated skin very soon! ♦

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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*

### 'Medical' Pedicure Services

with our trained and qualified Chiropody Assistant, Bev Kauremszky.

During your care pathway with your chiropodist some simple care may be assigned and scheduled with Bev.

#### " BEV'S MEDI-PEDI "

Bev offers her very own version of a "medical pedicure" – also called "Bev's Medi-Pedi"!

At The Footcare Centre, our focus is, and always will be, foot health. However, to be able to provide some additional cosmesis is a pleasure! We wish to avoid the pitfalls that can arise from the use of non-disinfected environments, poor sterilization practices, communal foot baths or cross-contamination from shared nail polishes.

Combine foot health-care with great-looking and great-feeling feet and you have "Bev's Medi-Pedi"

- Focus on foot health
- Nail and foot screening
- Nails trimmed and filed
- Thick nails managed
- Disinfected environment. Medically autoclaved and sterilized instruments.
- Application of nail polish "vegan", "made without many controversial ingredients"
- Your choice of moisturiser
- RELAX!
  
- No cross-contamination - NO sharing of nail polish
- No cross-contamination - NO communal foot soaks



#### ASK FOR MORE DETAILS!

We can meet your foot health needs where appropriate. "Bev's Medi-Pedi" may be:

- paired with additional treatment with the chiropodist for difficult foot health requirements.
- or upgrade to include a longer relaxing foot rub
- or include Cosmetic Nail Enhancements

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