

# Monthly Newsletter

Free please take a copy



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## Is Golf Really A Physical Sport?

Not many people think about golf as a highly physical sport. It gets lumped in with the likes of bowling, darts and curling. We would argue that walking 18 holes while pushing or carrying clubs is in fact a HUGE WORKOUT!

To make sure we get a full, injury free season in with some great scores (hopefully) we have some tips to avoid injury.

Minimal activity over the winter then going straight into a long round of golf with no "build-up" is a recipe for injuries. Ask any experienced runner and they will tell you that they build up their speed and distance through measured steps. This is done to avoid injury. The same applies to golf.

So how do we get ready for walking 18 holes?

### • Know what you are dealing with.

How many km would you walk in an 18-hole round? What kind of surface are you walking on? Are there elevations?

Most 18-hole courses are about 5000-7000 yards long. That is 4.5km to 6.4 km in length. When is the last time you walked that far? If you can say regularly, well great! You are probably ok to start golfing. If you have not walked that distance in a while, you should work your way up to walking that distance regularly. You can do this in a few ways, SLOWLY build up your time and distance walking in your neighbourhood or on a treadmill. A good rule of thumb is increasing your distance 10% per week. This allows you to do it safely. Don't forget to add inclines into your workout.

## Accepting new patients

Contact Your Foot

Specialist/Chiropract:

**The Footcare Centre**

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## Oh No!!

*In April, we had 12 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*



## Is Golf Really a Physical Sport? (Cont'd from previous page)

- **Will you be carrying your bag?**

You should start walking with a backpack filled with books to get your body used to a bit of extra weight. You can also walk to a nearby grocery store and carry your groceries back.

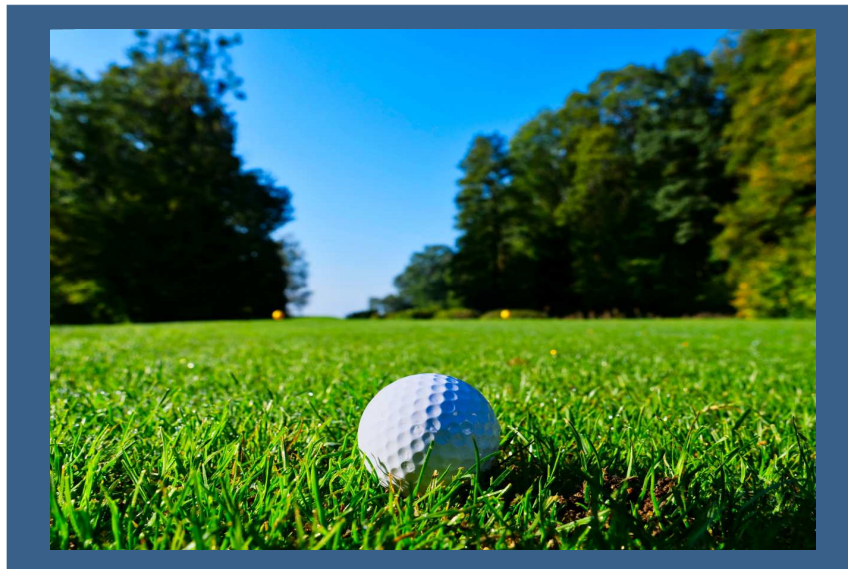
- **Start with short courses.** Start on par 3 courses with short holes. You can work up to a round of 9 holes, and then eventually to walking 18 holes.

- **Have the right shoe gear.** Make sure your golf shoes fit well. This amount of walking is a great way to get a blister. You should have good quality, supportive shoes for this amount of walking.

- **Bring a mini first aid kit.** Always pack a few band-aids and moleskin. Your primary concern should be blisters. If you feel a “hot spot” coming on, don’t push through it. Take a seat before you tee off and tape the area with moleskin to avoid a blister from forming.

- **If you have foot or leg pain,** it is a good idea to get checked out by a chiropodist. Maybe you need some specific exercises, stretches; or orthotics to support your feet and reduce stress to your muscles.

The Footcare Centre is here to help you every step of the way.



## Fungal Foot and Nail Considerations

It's spring and you may have been doing a lot of work around the house recently. Between maybe planting flowers and shrubs, mulching the garden and cutting the grass, you may have been spending a lot of time on your feet enclosed in shoes/boots, and they're probably sweating.

Skin and nail conditions can arise from extended periods such as this, namely fungal infections.

Fungus loves moisture (read sweat), darkness and heat, so the environment inside shoes is just perfect for fungus to thrive. A fungal nail infection is called onychomycosis and a fungal skin infection is called tinea pedis, or athlete's foot, and both are common. In order to prevent and treat these conditions it is important to follow the following tips:

- Change socks mid-day. If your socks get damp, change them half-way through your work shift.

## Fungal Foot and Nail Considerations (Cont'd from previous page)

- Technical socks. Some socks have moisture wicking properties that pull moisture away from the skin. They will cost a bit more money, but they are well worth the investment.
- Pull your insoles out at the end of your shift to let them dry, or better yet, rotate boots on consecutive days so they have a chance to completely dry in between uses (Have you noticed a trend?)



- Wash and DRY your feet daily. Be sure to dry between the toes.
- If your feet sweat excessively, there are antiperspirants for your feet. Talk to your chiropodist about this option.
- If you have an infection that is already established, it is important to treat it. There are various antifungals for skin and nail that can be prescribed by your chiropodist.

The Footcare Centre is fully equipped to handle fungal skin and nail conditions, so if you have any questions or concerns don't hesitate to book an appointment.

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*The Care,  
Professionalism and  
Time that your feet  
deserve*



### **In local news.....**

Congratulations to my colleague Mr. Roger Newell who has retired this month after a lifelong career in podiatric medicine!

Roger gave me my first job here in Ontario when I first arrived in Canada in 2013, having moved from The Footcare Centre (my business in the UK) to start The Footcare Centre in Canada. He has served the communities of Oakville and St Catharine's as a College of Chiropodists registered chiropodist since emigrating to Canada from the United Kingdom.

I was pleased to be there to say farewell! Roger's career started in 1965 at age of 20 years old and he has practiced in Pelham, St Catharine's for 22 years!

My team at The Footcare Centre in Niagara Falls and I wish Roger Newell a well-deserved and very happy retirement! He will be well missed by staff at the Pelham Health Centre, the local community, and his patients.



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