

Monthly Newsletter

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Contact Your Foot

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Doh!

*In October we had **12**
patients that failed to
attend their
appointment!*

Latest Technology in Running Shoes

Traditional running shoes have evolved greatly for years to achieve the utmost comfort and improvement in your running activity. Manufacturers also provide improved materials for better protection from injuries.

What shoe features are best for running?

Running shoes tend to have features such as foams or gels located on the heels, forefoot, and toes which is unlike traditional shoes which consist only of a simple outsole.

These foams or gels are located at the areas where weight is shifted when one walks or runs. It serves as a shock absorber, reducing impact and instead, shifting these forces to the shoe materials. It also acts like a spring- even under light loads. The special materials return with "spring back" helping energy and speed.

Another feature that you might have noticed is that some running shoes are getting lighter and more flexible. Whilst some runners may find light running shoes help with speed or claim that the flexibility and light weight also allows their feet to feel more natural, many runners will benefit from a much more structured running shoe.



Latest Technology in Running Shoes (Cont'd from previous page)

Wrongly fitted shoes can cause injuries and deformities. They can also cause spinal problems due to wrong shifting of weight and imbalance.

Some shoes are designed with gait or foot types in mind. They are designed in such a way they complement your running form and style.

There are several types of running shoes, depending on the type of running activity you do. They sell shoes for long runs, gym,

general purpose, or for sprints. All these types have different features that are specifically designed for your kind of running activity.

Whether you're joining a marathon, running on a treadmill, or flashing to that 100 metre dash, your feet deserve the best pair of running shoes to achieve maximum performance. ♦



Seniors and Regular Foot Check-ups

As we age, our feet are not exempted from the aging process. This may be due to over usage, previous injuries, diseases, or simply just not taking good care of them in their early years. It is said that one out of three seniors experience foot problems and pain.

What could be the risk factors of having foot problems in the future?

Although it is nonspecific and unclear, these are the common risk factors that are

suggested by researchers and health care providers:

1. Obesity- overweight people have a higher prevalence of having foot problems in the future. Research shows that obesity causes increased plantar surface pressure, particularly on the midfoot and below the toes.

Seniors and Regular Foot Check-ups (Cont'd from previous page)

2. Females- this is due to the usage of high-heeled shoes with a narrow toe box. Elevated heeled shoes increases plantar pressure on the toes, making women's feet more prone to have toe deformities.

3. Existing multiple chronic disorders- studies suggest that foot pain in older people is usually due to generalized osteoarthritis or systemic pain syndrome. Other diseases that affect the foot include diabetes, rheumatoid arthritis, stroke, and multiple sclerosis.



Foot problems can have knock on effects - this may be especially so for the infirm or some seniors. Factors associated with foot problems such as limited walking may prevent those at risk from doing his or her routine daily activities.

Foot problems may also increase fall injuries as a result of altered functional base support of the foot when walking. The impact of treating those foot problems has the potential to impact on one's physical, mental, and social well-being.

Avoiding the risk factors is substantial in reducing the occurrence of foot problems. Proper diet and exercise, footwear considerations such as avoidance of wearing elevated and tightly-fitted shoes, and treatment of underlying medical conditions may prevent worsening of foot disabilities.

Routine check-ups to your Chiroprapist may also help identify potential problems early on, and have them treated! ♦

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



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<https://twitter.com/footcareontario>

Blue Jays woes.....

Unfortunately, the Blue Jays did not advance to the World Series but they did manage to inspire us into getting Baseball crazy!

We've been working out ways to practice our swing, but being a foot office we have had to improvise.....thoughts?



Calendar of Events

We will be attending the Canadian Federation of Podiatric Medicine conference in Toronto and the UK College of Podiatry conference in Glasgow. As a result, the office will be closed on the following days:

Thursday 10th (PM only) & Friday 11th November
Wed 18th (PM only), Thursday 19th and Friday 20th November

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