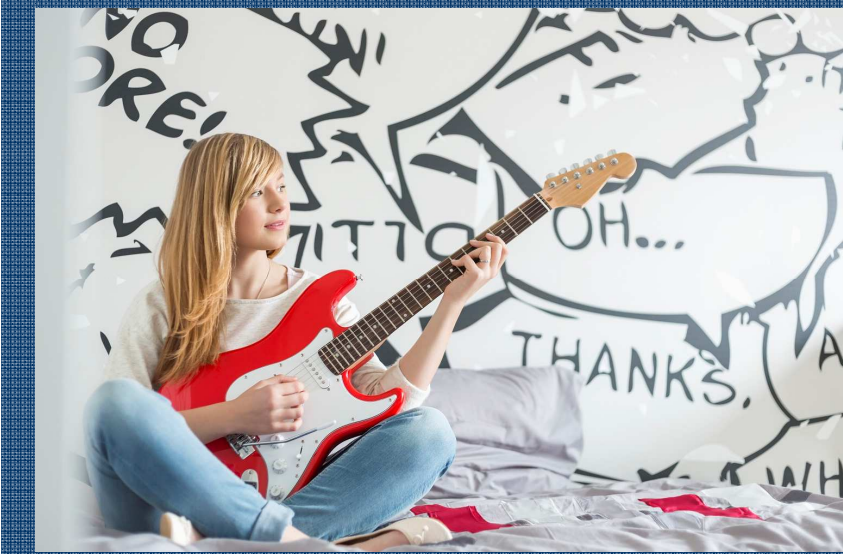


Monthly Newsletter

Free please take a copy



Accepting new patients

Contact Your Foot
Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Suite 302,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web: www.thefootcarecentre.ca

Oh No!!

*In October, we had 31
patients that failed to
attend their
appointment!*

What is Sever's Disease?

Sever's disease is a painful sensation that usually growing children as well as young teenagers experience on the back of their heel.

This condition occurs especially in children during their growth spurts while they're involved in running and jumping sports, including basketball, soccer, ballet or figure-skating.

Typically, this condition is more prominent in boys, but since more girls are becoming involved in sports, the gender gap has shrunk.

Symptoms of Sever's Disease

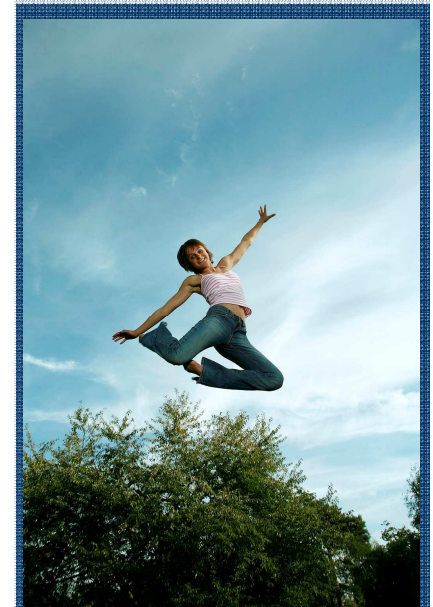
The main signs of Sever's disease include pain and inflammation on the back of the heel. When a child has this disease, their pain will only

aggravate if they partake in any sporting activity, particularly running, jumping and kneeling.

Normally, the condition affects only one heel, but it could affect both of them. The severity of these symptoms varies from one person to another.

Some kids experience mild pain when engaging in certain activities, while others experience sharp, excruciating pain to the point where it is difficult to do anything physical.

Depending on the individual, Sever's disease can last between a couple of weeks to several years.



What is Sever's Disease?

(Cont'd from previous page)

The symptoms usually dissipate once a child's growth spurt has finished.

What Causes Sever's Disease?

Sever's disease mainly occurs in children who engage in various sporting activities that involve plenty of jumping, running and twisting. This phenomenon happens as a result of the child's Achilles tendon pulling on the calcaneus (heel bone), which irritates the growth plate that isn't fully fused.

This causes pain and inflammation of the growth plate, also known as apophysitis.

Recovery

Sever's Disease normally goes away without treatment, after the child's growth spurt is over. While experiencing the symptoms, it is important to rest and reduce physical activity until the patient gets better.



Applying ice packs can help reduce inflammation, while good shoes will absorb any impact from day-to-day activities. It is important to gently stretch the calf muscle. Over time, this will reduce how hard the Achilles tendon pulls on the heel bone, which will reduce the stress on the growth plate.

Orthotics can also be used to stabilize the heel, to reduce the sheer forces the Achilles tendon puts on the heel.

If your child or teen continues experiencing severe pain, feel free to visit us soon to discuss further treatment options. ♦

Blood Circulation and Chilblains

Chilblains are patches of discolored, usually red, swollen and itchy skin. It is believed to be caused by a combination of cold weather and poor blood circulation. The toes are the most affected, but other body extremities such as earlobes, fingers and the nose are also vulnerable to chilblains.

Chilblains do not cause permanent tissue damage, although serious cases of chilblains can cause ulceration. Chilblains affect people that are too sensitive to changes in weather and temperature – usually damp conditions.



Constriction of blood vessels nearer to the skin at the extremities is a mechanism in which your body conserves temperature. There is a theory that chilblains occur because there is an asymmetry of vessel dilation / contraction. It could be that when we re-warm, the small vessels near the skin dilate faster than the larger, deeper vessels, causing blood to leak into the tissues. Wearing tight shoes that irritate the skin of the toes, living a sedentary lifestyle, and circulatory conditions such as anemia could also contribute to chilblains. Children and the elderly are also susceptible to chilblains, and women tend to be more prone to chilblains than men.

Symptoms of Chilblains

Chilblains are usually developed on the toes. The following manifestations are indicated following exposure to cold or dampness: pain and burning sensation on the skin, discolored (red, blue or white) swollen skin, intense itching, dry or cracked skin, and ulceration in severe cases.

Causes

Although the exact cause is unknown, chilblains usually affect people that are sensitive to temperature and who have poor blood circulation.

Treatment of Chilblains

Home treatment of chilblains includes general lifestyle modification, while professional treatment is carried out by a Podiatrist. Home treatment suggestions include the following: Staying warm, resisting the urge to scratch, use of calamine lotion, rubbing lanoline, wearing woolen or cotton socks, and doing exercises which improve blood circulation.

Ulcerating due to chilblains or recurring chilblains would require professional attention. A qualified podiatrist can treat your chilblains and offer advice on prevention. Make sure to consult with us if you experience any of the above symptoms! ♦

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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*



Like / Follow us.....



www.facebook.com/footcarecentreniagarafalls



<https://twitter.com/footcareontario>

Thinking of a different gift idea - Gift cards are available

Did you know that we offer reloadable gift cards?

They are perfect as a gift for birthdays, anniversaries or special occasions.

They can also be used to save for bigger treatments plan.



New website

Our new website is now live!

Do look and let us know what you think:
<https://thefootcarecentre.ca/>

Features include in depth information on the services we offer, online booking and a comprehensive video library.

You can even view our historic newsletters and sign up to receive an email copy every month 😊

Office closure

We would like to advise that the office will be closed from

**1pm on Tuesday 19th November until
8am on Tuesday 26th November,**

as the Chiropodists will be attending the College of Podiatry Annual Conference in Harrogate, United Kingdom.

Would you be willing to write a Google review about your experience today? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments. All reviews will be entered into a monthly draw to win a \$25 Tim Hortons gift card.

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