

Monthly Newsletter

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Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

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

Web:

www.thefootcarecentre.ca

How to Choose the Right Sports Shoes

Professional athletes, and people who do recreational sports, know how important good comfortable shoes are. The proper choice of footwear reduces the possibility of injuries and the burden on legs, especially the feet. In addition, quality shoes can affect the improvement of your training sessions, as well as the results achieved.

The primary advice is to customize your training footwear to the type of activity you are dealing with. For example, if you are a professional sprinter, your choice should be special running shoes. They are specially designed for activities in which movements are repeated.

The time of buying shoes is also a significant factor. Throughout the day even the feet of the

physically active may swell after a while. Buy training footwear in the afternoon - when your feet are slightly swollen, so you can get a realistic impression of the comfort of the shoes you are buying.

Be sure to try on footwear by walking through the store, at least five minutes, to check its comfort.

Pay attention to the shape of your feet. If you have "flat feet," you may need shoes with a more stable insole - sometimes called motion controlling. These have additional reinforcement beneath or around the heel. In this case, ask the running shoe store to show you different options and try the differences available between brands.

Oh No!!

In Sep, we had 16 patients that failed to attend their appointment!



How to Choose the Right Sports Shoes

(Cont'd from previous page)

Low impact exercise such as balance work or mat work in the hall, gym or fitness studios, shoes with more flexible materials are often better since this type of recreation often requires the need for more sensory feedback from your feet.

not be tight; the foot must have sufficient space where toes can wiggle and air can circulate. So always opt for shoes that have a finger width of space available at the tip of your longest toe so that toes cannot compress into the end of a shoe which can cause pain, trauma and nail damage.

As far as the size is concerned, depending on the brand of footwear, size can vary up to half an inch. Do not strictly follow the number written on the shoe but try it on first to see if it fits you. The athletic shoe must



Heel Pain

Heels carry heavy loads, considering their surface and weight. The pain that occurs in them can be acute or chronic and can occur in either children or adults. Heel pain is one of the most common foot pains seen in a foot clinic. However, although common, heel pain may not be simple or straight forward as the structures around the heel are numerous.

The heel is the largest bone in the foot, and it provides stable support to the body. When we walk or run, the heel and the rest of the foot are constantly moving. It is supported by muscles, ligaments and the plantar fascia and cushioned by a large thick fat pad.

Pain in the heel can be caused by physical injuries, the wearing of inadequate footwear, auto immune & inflammatory processes or neurological problems.....and that is to mention but a few!

Heel Pain (Cont'd from previous page)

Depending on where the pain is located, we can distinguish three types of pain in the heel.

Behind the Heel

This is called 'posterior heel pain' and may be related to the achilles tendon or its associated structures. with the Achilles.

Beneath the Heel

This is called 'plantar heel pain' and may be related to nerve pain, heel spurs or the fatty tissue of the heel.

Sometimes the plantar fascia of the arch which anchors to the underside of the heel becomes painful, inflamed, thickened or calcified – a process called plantar fasciitis or plantar fasciosis.



Pain around the side of the heel or radiating pain can be related to nerve or tendon pain as multiple tendons and nerves cross the ankle passing by the heel area into the foot.

Since heel pain is so complex and diagnosis requires a detailed understanding of the anatomy and function of the foot, it is recommended that heel pain is always assessed properly.

As for therapy, this will be directed to the condition diagnosed and may involve simple home remedies such as rest, ice, elevation

or more complex treatment involving exercise programs, therapies, prescribed treatment or injection medicines.

Your heel may respond to improved footwear and prescribed orthotics and your Chiropodist will discuss this with you.♦

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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*



A new Chiropodist joins the team – Jake Cahoon

Why not be one of the first to welcome Foot Specialist/Chiropodist Jake Cahoon to The Footcare Centre!

Jake Cahoon is looking forward to meeting you all and is keen to meet your feet too!

As our office grows and gets busier your appointments will be scheduled with either Jake Cahoon or Stuart Berry and we are excited and privileged to have him on board!

Jake Cahoon has a history of practicing in the foot specialty field since 2011. He has impressed us with his care, kindness and knowledge – a great fit for our team. Originally graduating with honours in Kinesiology from Lakehead University, Jake then went on to gain a distinction in his diploma in Pedorthics.

As a practicing and registered Chiropodist, Jake has joined Stuart Berry in treating all your family foot health needs.

Appointments are available now with Jake on a Tuesday, Wednesday or Thursday, so why not join others in welcoming Jake to The Footcare Centre!



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