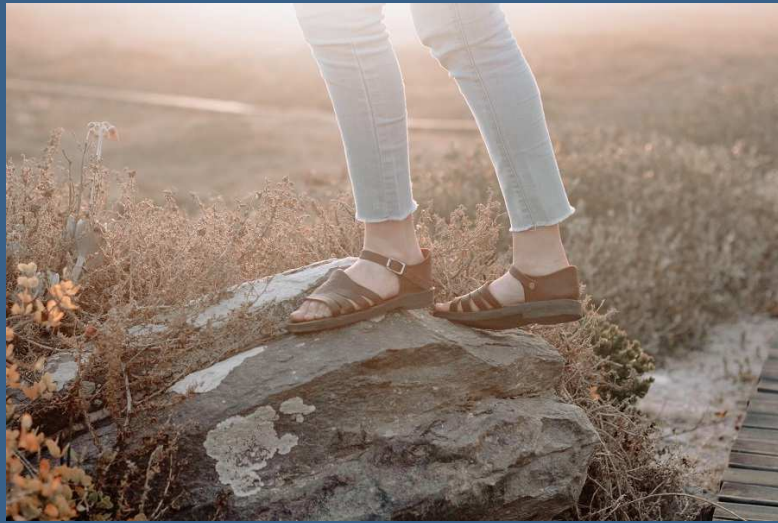


# Monthly Newsletter

Free please take a copy



Oct 2022 | Issue Number 81



**Accepting new patients**

**Contact Your Foot**

**Specialist/Chiropodist:**

**The Footcare Centre**

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## **Oh No!!**

*In Sep, we had 25 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*

## **Are Sandals A Sensible Choice of Footwear?**

Sandals are one of the most popular options for hot weather. Both men and women have a variety of open footwear to keep their feet cool while performing their daily tasks.

However, as beneficial as they may seem, this type of footwear is sometimes criticized by foot specialists. This is because they can lead to foot problems when worn long term or for the wrong activities. Of course, this doesn't mean you have to go to the beach wearing orthopedic footwear. But it would be a good idea to try to limit sandals or similar to short periods – matching them for the task or activities they are designed for.

### ***Why Sandals Are Not Always The Best Choice***

Here are some of the most common problems with sandals or open footwear:

- They don't necessarily have proper support. This leaves the plantar fascia vulnerable to overuse and without support while walking. This tissue, which runs along the bottom of the foot, may become overstretched or even torn. Heel pain is related to plantar fascia injuries.

- They do not always protect your feet. Being completely or partially open, this type of footwear does not cover our feet from external harm. Splinters, cuts, or any other injury caused by an external factor are common.

- Sweat. Sandals or open footwear are usually made from material that do not manage sweat properly. This may cause a foul odour and allow for fungi or blisters.



## Are Sandals A Sensible Choice of Footwear? (Cont'd from previous page)

- Reduced shock absorption. Another disadvantage is often poor shock absorption. As we walk, we continually pound our feet on the ground. Reduced protection against this type of shock can lead to more severe injuries in the long term.

- Poor ankle support. Loose sandals without support can also lead to ankle injuries, such as twists or even sprains. For this reason, playing sports while wearing sandals is not recommended at all.

### *What Footwear Should You Wear*

After going through the cons of wearing sandals or open footwear, you may be

asking yourself what to wear instead. Truth be told, wearing sandals is not a bad choice as long as you consider what they are designed for and match the shoe to the conditions (Maybe don't do it often or for long periods).

If you know you have a foot condition where sandals are not ideal to be worn, contact a professional and check the best footwear in your particular case.

Also, don't hesitate to contact us and ask for professional guidance! ♦



## Leg Cramps

One of the common health problems that almost everyone experiences at least occasionally is leg cramps. Anyone who has experienced it knows they are quite painful and usually last for seconds or minutes. Generally, cramping is not something to be concerned about, but it can also be a sign of a more serious health issue, especially if they are frequent or at certain times.

Leg cramps can affect exercise routine, sleep, and our overall quality of life.

### *What Are Leg Cramps*

Leg cramps, also known as “Charley horses”, are sudden, painful, and involuntary contractions of the leg muscle, and you will lose the ability to control the affected muscle. Cramps are a common health problem that affects the calves, feet, and thigh muscles

## Leg Cramps (Cont'd from previous page)

Leg cramps typically occur when someone is resting or sleeping and can range from a few seconds to a few minutes. However, leg cramps can leave a tenderness in the muscle for about 24 hours after the experience. The good news is that leg cramps are harmless in most cases.

However, there are cases where leg cramps can indicate someone is suffering from underlying health problems like peripheral artery disease or diabetes.

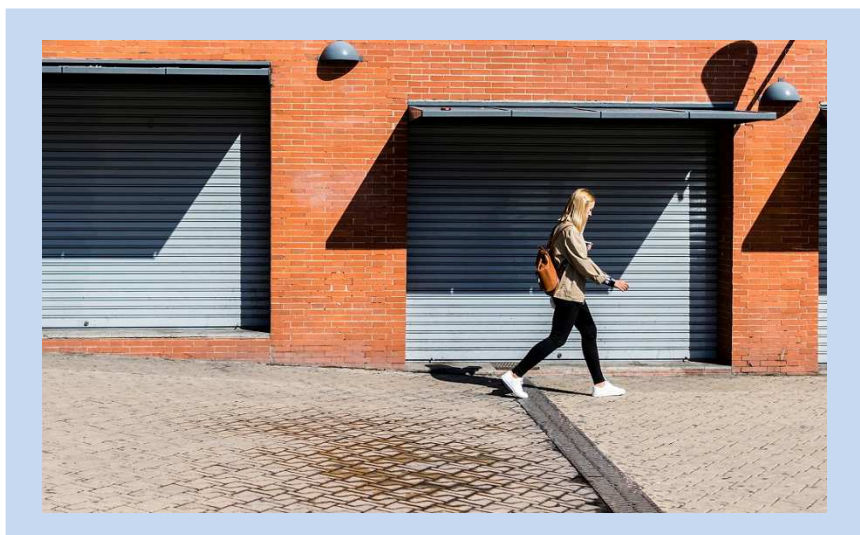
### *Causes Of Leg Cramps*

Generally, leg cramps can occur for no reason, and they are called idiopathic leg cramps. However, leg cramps can also

signify an underlying health problem and are called secondary leg cramps.

Some of the common causes of secondary leg cramps are:

- Pregnancy
- Exercise
- Liver disease
- Vascular disease
- Muscle fatigue
- Alcohol misuse
- Chronic kidney failure
- Restless leg syndrome
- Chronic infection, etc.
- Certain medications like iron sucrose, statins, raloxifene, conjugated estrogens, naproxen, etc., can also trigger cramping.



### *Treating Leg Cramps*

In most cases, you can relieve leg cramps by exercising the affected muscles. Furthermore, exercising the leg during the day can also help to reduce how often you can get a leg cramp. Some of the other ways of treating a leg cramp are:

- Stretching of the calf muscles
- You can use medication in cases where the cramping does not respond to exercise.

- For secondary leg cramps, treat the underlying health problem.

Note: leg cramps occurring during pregnancy should pass on their own after giving birth. It can also be difficult to treat cramps that occur because of severe liver disease, and you will need to use medications like muscle relaxants.

## Leg Cramps (Cont'd from previous page)

### *Preventing Leg Cramps*

Stretching the muscles in the lower legs regularly can help prevent cramps or reduce their frequency. You can stretch the calves before you go to bed at night. Some other pieces of advice to help prevent leg cramps are:

- Ensure your toes point upwards whenever you are lying on your back. You can place a pillow on the side of your leg to help ensure your feet stays in the right position.
- Ensure your blankets and sheets are loose
- Hang your feet over your bed end when lying on your front. This will help keep the feet in a relaxed position and prevent the contraction of your calves.

### *When To Worry About Leg Cramps*

Leg cramps may be a symptom of a health condition if you have severe discomfort, swelling, or skin redness, or if it continues after exercising and proper hydration. You may then need to consult with your primary care provider to help examine your legs and feet. ♦

### *Useful Reading*

<https://www.nhs.uk/conditions/leg-cramps/>

Did you know?

We offer screening for Peripheral Arterial Disease? Schedule an appointment to arrange a vascular assessment with one of our team members.

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

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