

Monthly Newsletter

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Accepting new patients

Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Suite 203,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web: www.thefootcarecentre.ca

Elliptical Machines

Elliptical machines, sometimes known as cross-trainer machines, are a type of exercise equipment that can be found in many gyms. Elliptical machines provide a full-body cardio workout, but unlike treadmills, they are considered lower in impact.

What are elliptical machines?

Elliptical machines are exercise equipment that come with foot pedals and swing handles. They were designed to imitate the movement of the human body while climbing steps or jogging. Power comes from either a magnetic resistance system or a flywheel motor, similar to some exercise bikes.

Many ellipticals come with a dashboard to adjust inputs such as resistance level, speed, and

incline. Furthermore, they may even be able to track performance statistics such as heart rate, stride, calories burned, and distance travelled.

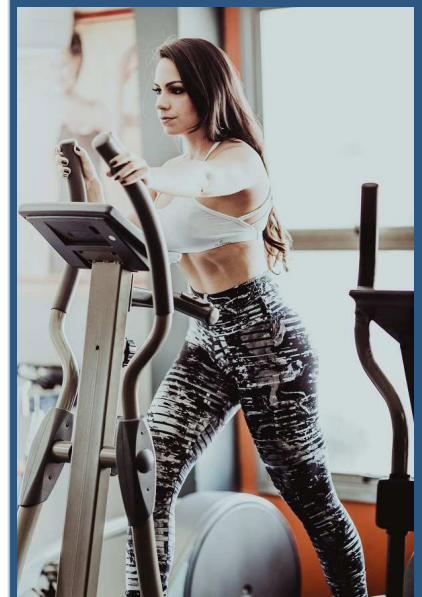
Advantages and disadvantages of ellipticals

An obvious advantage of elliptical machines is their low impact. Compared to other cardio machines such as treadmills and activities such as running and jogging, ellipticals place less stress on your joints. This allows you to work out even while recovering from an injury.

Ellipticals also allow you to work out both your upper and lower body. If you have the right form, your weight tends to be evenly distributed throughout the arms, legs, chest, back, and core muscles.

Oh No!!

In Sept, 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 list.



Elliptical Machines

(Cont'd from previous page)

Moreover, ellipticals offer many of the benefits of other cardio machines, such as burning calories, improving your stamina, and being highly customizable according to your fitness level.

However, one possible disadvantage, of elliptical machines, especially for new users, is their relatively complex or unnatural movement pattern. Also since the pattern of movement is different to that of some activities it may not always be suited to rehabilitation for all sports and athletes.

In addition, those suffering from knee conditions may have their injuries aggravated even more by ellipticals. In such cases, other equipment for example an exercise bike may sometimes be a more suitable option.

Should you get an elliptical machine?

If you wish to exercise at home and are looking for a cardio machine, ellipticals are not usually cheap.



However, they provide the convenience of indoor training, just like exercise bikes or rowing machines. Otherwise, consider joining a gym near you, where you can choose between various cardio machines.

If you are recovering from a foot or leg injury and wish to have a customized fitness plan, make sure you discuss this with your healthcare professional or have a chat with us at your next appointment.

Varicose Veins

Varicose veins are a condition in which the veins that are close to the body's surface become enlarged or even bent out of shape. They are usually found in the legs and are fairly common among adults.

Symptoms

Besides the obvious sign of having enlarged veins, some other symptoms include:

- Scarring / skin changes / skin discolouration
- Tired or “achy feeling” legs
- Muscle cramps when standing up or making quick movements.
- A burning sensation in the legs
- Swollen ankles
- Eczema around the ankles



Related conditions

While varicose veins may be considered cosmetic in the early stages, other conditions may develop if there is poor blood circulation. These include dermatitis (eczema), pain while walking, blood clots in the legs, or leg ulcers.

Causes and Risk Factors

Whilst unclear, there are some factors that increase your likelihood of developing them.

Women are more likely than men to suffer from varicose veins. Further, the condition could be inherited from your parents. Obesity, pregnancy, aging, and menopause

also increase a person's risk of developing varicose veins.

Regarding lifestyle factors, people who stand for long periods, those who are very static, or have leg injuries, or a strain in the abdomen are at increased risk of varicose veins.

Diagnosis and Treatment

A healthcare professional may examine your legs and circulation in their office in order to diagnose varicose veins.

Sometimes an ultrasound scan of your leg may be undertaken to detect the flow of blood in the veins or screen for blood clots.

Non-invasive treatments for varicose veins may include wearing compression socks, raising the legs regularly, and moderate exercise.

Varicose Veins (Cont'd from previous page)

For chronic cases, your clinician may recommend surgery. This may include laser therapy, injection with a solution to close the veins, catheters, or vein stripping.

Regardless of whether your condition is severe or mild, visit your chiroprapist as soon as possible if you're experiencing any of the symptoms mentioned above. ♦

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

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