

Monthly Newsletter

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Safety and
comfort when
hiking!

Contact Your Foot

Specialist/Chiropodist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Unit 105,

Stamford Medical Centre,

4256 Portage Road,

Niagara Falls, ON, L2E 6A4

Web:

www.thefootcarecentre.ca

Foot Care While Hiking!

Every adventure-loving soul loves to experience breathtaking sceneries. While our eyes allow us to appreciate the beauty of the surroundings, we can never reach places without our walkers. It is important that care and consideration always be given to our feet when hiking. Follow these basic tips:

- 1) Feet warm-up. As with exercising, hikers need a warm-up to avoid getting strained and injured. Get used to walking by gradually increasing the distance and cadence each day. That way, your feet's muscles, tendons and ligaments are prepared for a more strenuous activity.
- 2) Pack light. If you carry a pack with you, make sure it is enough to carry all your hiking essentials and not too heavy to injure your body especially your feet. Walking

puts much pressure on your feet as you carry your body weight and what whatever you take along with you. Packing lightly reduces the chances of getting sore and aching feet.

- 3) Wearing the right, comfortable, and activity specific footwear. Aside from carrying a light pack, it is a must that you wear a pair of shoes that has a good fit and is designed for the task! Wearing shoes that compress your feet or are too loose will pose harm, as will overly flexible shoes. You can either slip with your loose shoes or get swollen feet if it's too tight. Secure your ankle and heels at all times especially when going for long hikes and on rough terrains.

(Continued next page...)



Confident steps

Foot Care While Hiking!

(Cont'd from previous page)



Great foot care goes a long way

- 4) Cushioned and breathable socks are recommended. Socks should also go with your shoes. Consider the type of socks you wear as you need ample room for your feet once you put on your shoes. Don't use overly thick socks that can cause your walkers to sweat.
- 5) Rest your feet and give a soft massage. Take a break so you can elevate your feet and allow it to breath by removing all your footwear. A gentle massage on your toes can provide a quick relief too.
- 6) Observe proper foot hygiene. At the end of a hike some Epsom salt with lukewarm water, can soak away aching, to attain relief and refresh your walkers at the same time. Always dry well.
- 7) Treat hotspots. With your emergency first-aid kit, include foot treatments and don't wait for hotspots to turn into blisters. ♦

5 Ways to Improve Blood Circulation

You know the stories about people getting "Cold Feet" – including the traditional references about those who feel like they are having a "change of heart" before a big decision. But that's not what we are talking about here!

Cold feet can be a weird sensation in your foot that can occur when the foot is surrounded by wet or damp socks or shoes. This can occur when the foot gets damp through perspiration or by shoes wicking in moisture.

In extreme cold, like that found in the more northern regions of the USA, Canada, Asia, and Europe, toes can also suffer from "cold feet injury" something known as frostbite.



Improving blood circulation!

5 Ways to Improve Blood Circulation (Cont'd from previous page)

There cold air slows down circulation so much through vascular constriction that your toes get extremely cold and can even go numb from loss of feeling.

If you suffer from cold feet, experience the feeling of cold feet on a regular basis, or plan on travelling to an area where the air is cooler, then take note of the following 5 Ways To Increase The Circulation To Your Feet:

1. Keep moving!

When you walk or stomp your feet it gets the blood pumping. Keep feet active and moving to warm them up and keep them warm.

2. Rub your feet.

Take your foot with your hands and start rubbing it. How does it feel?

3. Soak your feet in warm NOT hot water for 15 minutes. This helps get the blood flowing by encouraging gentle vasodilation



Soaking
your feet
works
wonders!

4. Wear looser socks or tights. Many of the foot's veins can get constricted by fabrics that are too tightly wrapped around the foot. Wear socks which wick moisture away from the skin.

5. It is essential that you tell your chiropodist / foot specialist of any concerns about the circulation to your feet: Chiropodists / Foot Specialists are able to assess the circulation to and perfusion in your feet, ruling out potential vascular disease. ♦

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*The Care,
Professionalism and
Time that your feet*



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Stuart Berry - Continuing Professional Development

Congratulations to our foot specialist Stuart Berry on recent professional accomplishments this summer.

Stuart has been awarded the designation “Chartered Scientist”!

Chartered Scientist is a professional designation, awarded by professional bodies in conjunction with the Science Council in the United Kingdom through its member organizations

Chartered scientists are professionals who are practicing at the full professional level for whom scientific knowledge or practice forms an essential element of their role and is an assurance that an individual is practicing at the forefront of their profession and remains competent throughout their career.

To qualify for the Chartered Scientist designation applicants must possess a combination of high-level scientific knowledge and experience. Typically meeting the CSci competencies is demonstrated by years of post-graduation-level experience and an accredited Masters Qualification (or equivalent).

Stuart Berry has been awarded the designation through the College of Podiatry in the UK who state that the “CSci award provides a chartered status for podiatry, allowing the professional work of our members to be recognized on an equal and distinguished basis, as foot scientists.”

Serving the College as an Expert

Further acknowledgement of Stuart Berry's skills and experience has been noted by Ontario's regulator.

Demonstrating to the College of Chiropodists of Ontario evidence of his skills and special interests in biomechanics and orthotics Stuart Berry has been informed that he has been selected to serve the College of Chiropodists of Ontario in the following subject matter category of Biomechanics and Orthotics.

Congratulations Stuart!