

# Monthly Newsletter

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**Accepting new patients**

Contact Your Foot

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## Foot Care When You Have Arthritis

Arthritis in the feet may become a painful and quite annoying health condition. It refers to the inflammation of joints, which can show as swelling in the feet and ankles. Due to this inflammation, arthritis in the feet can affect our daily tasks and even inhibit us from performing certain activities.

Our feet have over 30 joints that can be affected by arthritis. Some of them are more commonly affected by inflammation caused by arthritis. These are the complex joints, of the ankles, the big toe joint, and multiple joints of the midfoot.

### *What Can You Do to Lower The Effects of Arthritis in The Feet?*

Depending on how severe it is, there are several ways to treat arthritis in the feet. Some general home management is

available but you should always seek professional help as soon as you notice foot pain or swelling. Here are some tips to slow down the effects of arthritis.

- Over the counter pain relief. Pain relievers will help manage the problem, since arthritis can sometimes become quite painful, and they help cope with it.
- Physical therapy. For non-severe cases, activities such as slow walking can relieve pain. Exercising can also help maintain joint health, to avoid further issues.
- Weight-control. Our feet are constantly bearing our body weight while we stand or walk. Losing some weight will help you towards feeling less pain.

## Oh No!!

*In Aug, we had 20 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*



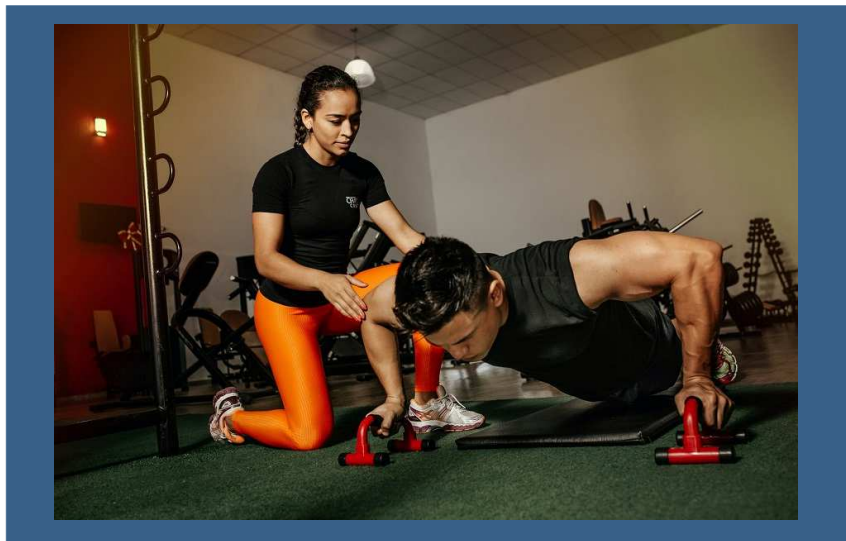
## Foot Care When You Have Arthritis (Cont'd from previous page)

- Customized shoes. Comfortable, supportive shoes can also decrease the pain caused by arthritis. Look for a good heel counter, arch support, extra-cushioned, and stable footwear. Avoid wearing high heels or rigid shoes.
- Your chiropodist can prescribe a custom made, shock absorbing, accommodative shoe insert or orthotic.
- Another option is foot mobilization therapy, often in combination with Low Level Laser Therapy: designed to offer both pain relief and promote & maintain joint health.

### *Tips To Decrease the Risk of Worsening Arthritis in The Feet*

Once you have been diagnosed with arthritis in the feet, the best thing you can do is take measures to prevent it from worsening. While it may not seem that tough initially, severe arthritis is painful. It can limit or disable you from performing several tasks that seem normal nowadays.

Since different type of arthritis exist, having a professional, who can help identify the type of arthritis you have is important to help manage



The condition longer term. This way a tailored plan can be put in place long term.

As long as you take care of your feet and maintain good foot health, you may be able to avoid surgery for a long time.

Asking for professional help is always a good idea to learn what you can do in your particular case. If you are experiencing arthritis and wish to find ways to manage foot and ankle pain, make sure to visit us soon for a holistic treatment and management plan. ♦

## Weight Loss Benefits For The Feet

Generally, being overweight or obese increases the risk of diabetes, heart disease, and other health conditions. However, obesity can also put increased risk on our feet, causing foot pain and other conditions. Obese people are more likely to experience foot pain than those maintaining a healthy weight.

### *Obesity And Your Feet*

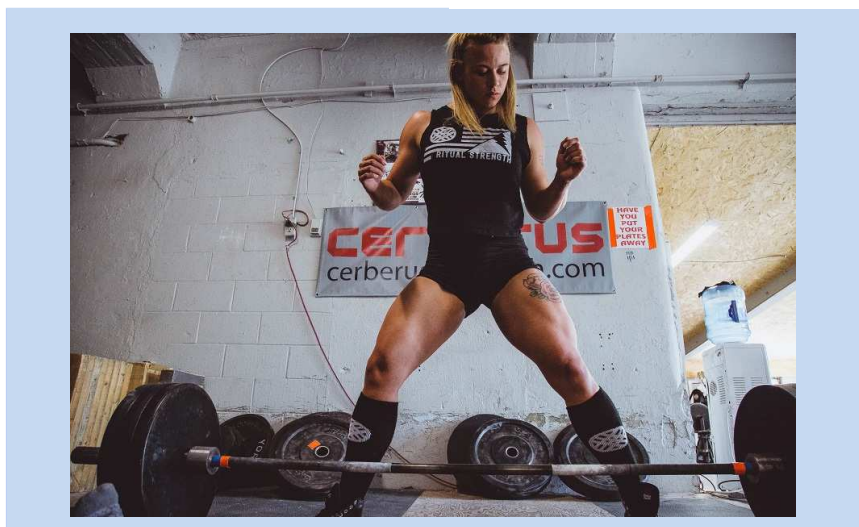
Being overweight usually puts more pressure on the hips, knees, ankles, and feet. This can then lead to several health issues like foot pain, arthritis, and skin problems on the skin.

Obesity may also make it hard for people to stay mobile and exercise, exacerbating some problems.

### **Common Foot Problems Associated With Obesity**

#### *Changes In The Feet Size*

Obesity may increase the risk of the feet becoming wider and the arch of the foot flatter, particularly in immature, weak or pre-injured feet.



### *Foot Pain*

Our feet' bones, tendons, and muscles may struggle to carry excess weight. Strain on our feet can cause trauma and injury, leading to tenderness, swelling, and pain.

### *Osteoarthritis*

This common type of arthritis is caused by stress to the cartilage in the joints, resulting in injury. Being overweight increases pressure on the joints, especially the feet, which can develop into osteoarthritis.

### *Type 2 Diabetes*

You can develop Type 2 Diabetes, a health condition where the body becomes resistant to its own insulin, when overweight. Diabetes can significantly affect the feet, leading to nerve damage, as you lose the ability to feel certain sensations like heat or pain.

Diabetes also affects blood circulation, which can affect the ability of the skin to repair when damaged and can affect the ability of the body to fight infection. This can put your feet at great risk if it becomes injured or infected.

## Weight Loss Benefits For The Feet (Cont'd from previous page)

Some other foot problems linked to obesity are:

- Hindfoot arthritis
- Pain in the tendons
- Inflammation of the connective tissue running from the heel to the toes (the plantar fascia).

### *Weight Loss And Your Feet*

Losing weight improves your overall health, but it can also relieve the excess weight impact on your feet. Losing weight can help reduce foot pain, swelling, and poor blood circulation to the feet.

### *Exercise And Foot Pain*

It can be quite hard to lose weight if you are experiencing foot pain. Several exercises can increase foot pain and injury, making it hard to stay motivated.

The best way to follow your weight loss plan without getting injured is to do low-impact exercises like water aerobics, yoga, swimming, and walking if you experience foot pain. Even with low impact, exercise helps burn enough calories to lose extra weight.

Besides low-impact exercise, monitoring what you eat can help shed extra weight. A dietician can help develop a plan to help you achieve desired goals.

### **Final Thoughts**

A Chiropractor can help provide the best way to manage your foot problems and help you develop short-, medium- & long-term goals. ♦

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



Would you be willing to write a Google review about your experience at your last appointment? 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.

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