

# Monthly Newsletter

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**Contact Your Foot**

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## **Oh No!!**

*In November, we had 17 patients that failed to attend their appointment!*

## **Lisfranc Fractures**

A Lisfranc fracture arises if there is tearing of the ligaments or joint damage in the midfoot area in one or both feet.

The midfoot includes the arch where the forefoot and hindfoot connect. The midfoot includes the Lisfranc joint and ligaments which can be damaged. The injury can range from mild to severe depending on how the individual sustains an injury.

### ***What are the symptoms?***

The signs of a Lisfranc fracture are based on the severity of the injury. The usual signs include swelling and tenderness at the site and top of the foot. There is also discomfort that worsens while walking or standing.

Bruising also manifests on both the top and bottom of the foot. This is a main characteristic of the injury.

There may also be a visible palpable deformity in the area of

the fracture.

### ***What are the causes?***

Various injuries can cause a Lisfranc fracture. The injury typically arises if a person twists his or her foot while falling. Nevertheless, if the foot endures damage while flexing downward this injury may also occur.

Direct damage can result in a severe form of Lisfranc fracture. Falls from a great height can result in fractures that require extensive treatment.

### ***Management of a Lisfranc fracture***

The treatment of Lisfranc fracture is based on the seriousness of the injury. For a mild case, the treatment is similar for a sprain such as ice, rest and elevation. Medical professionals also recommend crutches to ease the pain while walking or standing.



## Lisfranc Fractures

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As for severe injuries, your specialist will usually place a cast which is worn for up to 6 weeks. Treatment involves follow-up monitoring along with X-rays to see if there is improvement and to check if surgery is necessary.

A severe case of Lisfranc fracture requires surgery, specifically internal fixation. The

procedure involves repositioning of the foot, which is secured in place with plates or screws to promote healing.

In some cases, a specialist would suggest fusion treatment, which is less common. ♦



## Foot Rashes

Foot rashes have a variety of causes. It is best to see a professional to obtain the right diagnosis. Your chiropodist / foot specialist would determine the root cause and prescribe appropriate treatment(s).

### *What are the causes?*

There are various reasons why foot rashes develop. Some of the common causes include the following:

- Dyes in clothing – the dyes can trigger an adverse reaction in some individuals since

they contain artificial color and preservatives.

- Plants – there are instances in which an individual directly touches poisonous plants such as poison ivy, oak or sumac. Upon contact, these plants smear a substance that triggers skin rashes.

- Products with artificial ingredients – a variety of cosmetics such as soaps, lotions and detergents include various chemicals and additives which may trigger the rashes.

## Foot Rashes (cont'd from previous page)

- Medication side effects – certain medications trigger skin rashes.
- Diseases – individuals with asthma or autoimmune diseases can end up with foot rashes.

### Remedies

Foot rashes can cause irritation and itchiness. Therefore, it is necessary to provide proper care.

Most cases are minor and eventually subside over time but there are cases due to allergies or medication side effects that necessitate treatment.

Some of the remedies for foot rashes that relieves the discomfort and hasten the healing include the following:

- Calamine lotion – this is a commonly used treatment option for skin rashes. This is an anti-itch lotion that provides a cooling effect as it evaporates.
- Epsom salt soaks – Epsom salts have anti-inflammatory characteristics, helping relieve pain and itching caused by rashes.
- Moisturizers – ensure that the feet are properly moisturized. Avoid using scented moisturizers since they include artificial agents that damage the skin. After applying a moisturizer, use socks if the feet are dry and scaly to preserve the moisture.
- Prescription creams – there may be prescription strength creams available to help treat the rash. Rashes can be fungal, bacterial or due to underlying skin conditions that need specific ingredients / medication to treat. ♦

## Conference season

November is conference season, so the whole team from the office (Stuart, Des, Jake and Bev) attended the Canadian Federation of Podiatric Medicine conference which was held on November 8 – 10<sup>th</sup>.

We did not have to travel far as it was held at The Sheraton hotel right here in Niagara Falls!

Stuart and Jake enjoyed some time out of the office in seminars and practical workshops on improving clinical practice.

An interesting take-away was a presentation by podiatrist Dr David Armstrong who presented startling figures which challenge us all to view active diabetic foot disease and ulceration with the seriousness it deserves with affects on populations which liken it to that of the impact of some cancers. He challenged us to view a healed diabetic foot ulcer being a foot in 'remission'.



## The Footcare Centre

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



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## Conference season (cont'd from previous page)

Following the conference in Niagara Falls, Stuart, Des and Bev flew to the UK to attend the largest podiatric conference in Europe – the College of Podiatry conference in Bournemouth, UK. We met up with our team from our UK office (David, Tristan and Saffron).



Bev got an opportunity to visit our office in Weybridge while she was in the UK and met her counterparts who cover the front desk there.

Keynote TV celebrity and walking advocate Julia Bradbury discussed the importance of walking and 'outdoor green therapy'.

## Revised opening hours from January 2019

We have listened to your feedback and as a result we will be adjusting our opening hours from January.

We will now open on a Wednesday from 8am until 6pm (an extra 2 hours!!)

Monday, Tuesday and Thursday's opening hours will be 8am until 4pm.



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