

Monthly Newsletter

Free please take a copy

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Accepting new patients

Contact Your Foot
Specialist/Chiropodist:

The Footcare Centre

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Oh No!!

In May we had 15 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.

Managing Infections on the Foot

Our feet are vulnerable to infections. It is possible to get infections just by wearing socks and shoes, as they create a moist environment for bacteria and fungi to grow.

You can also have painful foot infections that affect how you walk if you have foot injuries like cuts and blisters.

Symptoms of Foot Infections

Here are some signs that indicate you are suffering from a foot infection:

- A foul smell.
- The infected foot swells up
- Pain and difficulty walking
- The skin around the affected area is red and feels warm to the touch.

- There is a yellow or green pus or fluid under or coming out of the skin.

Causes Of Foot Infections

Here are some things that can cause foot infections.

- You can get fungal infection if your feet are damp for a long time, such as working in wet conditions or sweating in your shoes all day
- Blisters can develop on your feet when you wear tight shoes. Blisters can get infected if you pick or burst it



Managing Infections on the Foot

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- A foot wound can get infected if bacteria enter from the wound
- Your foot can get infected from the skin around an ingrown toenail
- Diabetes can increase the risk of foot infections

- You can get foot infections through surgery complications

Treating foot infections depends on the type of infection you have. Here are some ways to manage infections on the foot:



- You can treat infected feet from wounds, blisters, ingrown toenails, and diabetes by using antibiotic medications
- You can treat fungal infections with over-the-counter antifungal creams, gels, and medications
- You may be able to treat plantar warts with over-the-counter wart treatments.

When To See a Chiropodist

Although you can treat minor foot infections like plantar warts at home, some infections may need to be diagnosed and treated by a Chiropodist.

Be sure to visit your Chiropodist if you experience pain, bleeding from the infected foot, or have fever and chills. ♦

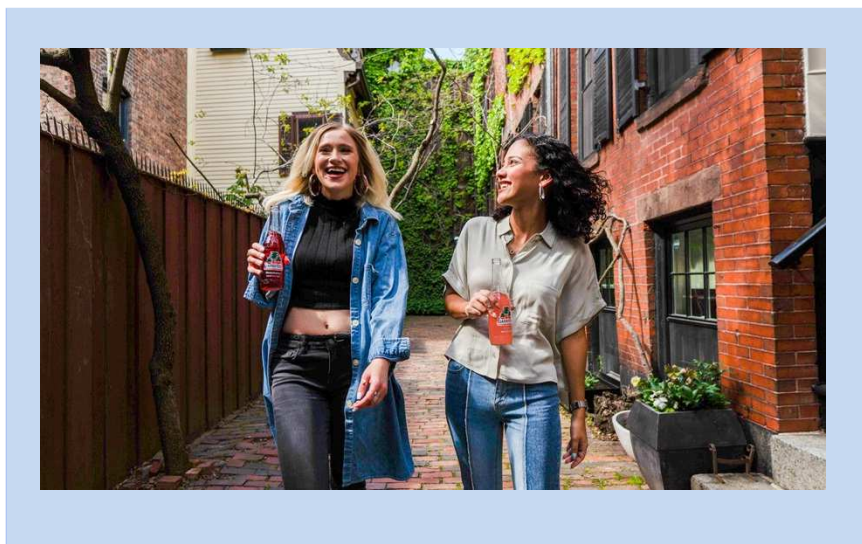
Foot Drop

Foot drop is a symptom that causes people to walk abnormally due to a weakness or dysfunction in certain foot muscles.

Its causes and symptoms may vary, and depending on its seriousness, different treatments may be indicated. It's important to understand that this condition may have serious consequences when left untreated.

Foot drop can be easily identified by dragging one's toes while walking.

This is due to the inability to raise the front part of the foot, which is caused by either paralysis or weakness in the muscles responsible for that area.



While general foot drop cases may be temporary, there are some chronic or long-term ones, causing patients to look for ways to avoid dragging their toes during a walk, such as an excessive knee lift on the affected side (called a steppage gait).

It's critical to understand that foot drop or the compensations or adaptations that occur due to it can lead to tripping, falling, and other more serious conditions.

Additionally, foot drop can happen in one foot or even affect both feet simultaneously, making walking quite uncomfortable.

Main Causes of Foot Drop

As it is intimately linked to muscle conditions, there are several causes for foot drop to

appear as a symptom. Damage to the nerves, brain conditions, muscle deterioration, and motor neuron abnormalities are the most common causes.

However, many patients have been discovered to suffer from lumbar radiculopathy, a pinched nerve in the lower back that consequently leads to foot drop.

Brain conditions, such as strokes, cerebral palsy, Parkinson's disease, and multiple sclerosis, have also been proven to be agents that can result in suffering from foot drop. On the motor neuron side, polio and spinal muscular atrophy are among commonly found cases.

Foot Drop

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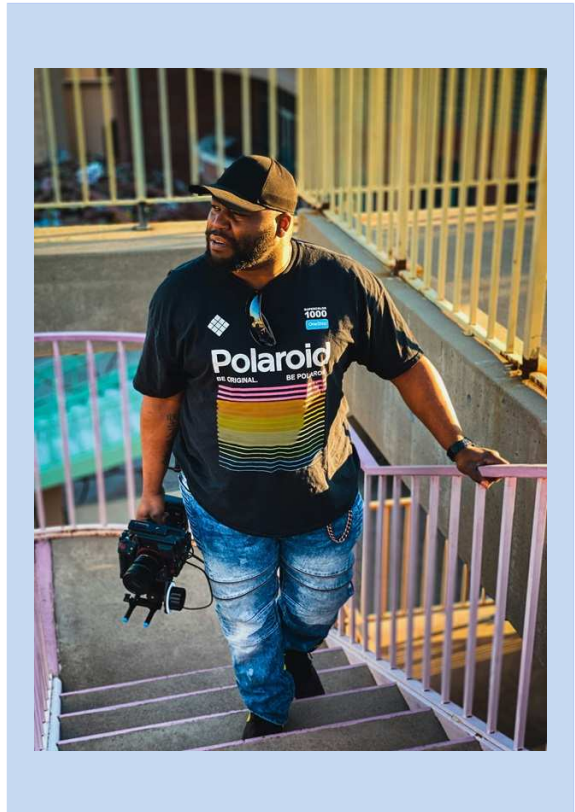
Treating Foot Drop

Depending on its seriousness, foot drop may be temporary or chronic.

For both cases, patients can take some homemade measures to relieve the pain and avoid dragging their feet while walking.

Here are some things you can do if foot drop is caused by nerve inflammation or minor damage, which can make foot drop fix itself after some time:

- Find ways to help yourself while walking; use a cane or similar walking aid to avoid dragging your feet.
- Pay attention to things that can make you trip. Remove those objects from your house, as you may suffer serious consequences if you fall due to a foot drop.



- Use handrails while walking up or down the stairs. Foot drops may cause you to misstep and fall down the stairs, leading to serious consequences.
- Ankle foot orthotics (AFO) -AFO's are devices prescribed by your foot specialist to help restore a heel to toe gait and to help resist toes catching the ground first. They are often custom made to a foot mold and prescription.

Conclusion

You may benefit from professional guidance and treatment and your Chiropractor will be able to discuss with you your suitability for an AFO.

Contact us and schedule an appointment, and we will help you address your foot drop causes and symptoms. ♦

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



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<https://twitter.com/footcareontario>

20 years of The Footcare Centre - UK

At the end of April, our sister office in Weybridge, Surrey, UK, celebrated 20 years in business.

The team celebrated by raising a glass of sparkles and then enjoying a traditional afternoon tea at Oatlands Park Hotel.

Congratulations on their achievement!



New team member

BOOK NOW FOR KAITLYN MORRISH

Kaitlyn is the latest foot specialist to join our team. Originally undertaking a bachelors degree in Kinesiology, Kaitlyn attended the Michener Institute in Toronto, undertaking the post graduate diploma in Chiropody.

Kaitlyn will be moving from Whitby, Ontario to Niagara Falls to join our office and will be an asset to our chiropody team. Book appointments now to meet Kaitlyn and say hi!

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