

Monthly Newsletter

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Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Unit 302,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web:

www.thefootcarecentre.ca

Oh No!!

In Oct, we had 16 patients that failed to attend their appointment!

Sock it to me!

Socks are worn universally and there is a myriad of them when it comes to their type. Socks serve several advantageous purposes such as absorbing or wicking perspiration- the large quantities of sweat produced by our feet.

Also, they help keep your feet warm in winter or cold weather. Socks are also a great fashion statement!

Socks can be categorized on the basis of the type of material they are made of as well as the length of socks. Wide varieties of materials are used to manufacture our socks. The most commonly used materials include cotton, wool, nylon, polyester, acrylic and spandex.

In order to make socks more comfy and soft, additional materials such as silk,

cashmere, linen and bamboo are sometimes added.

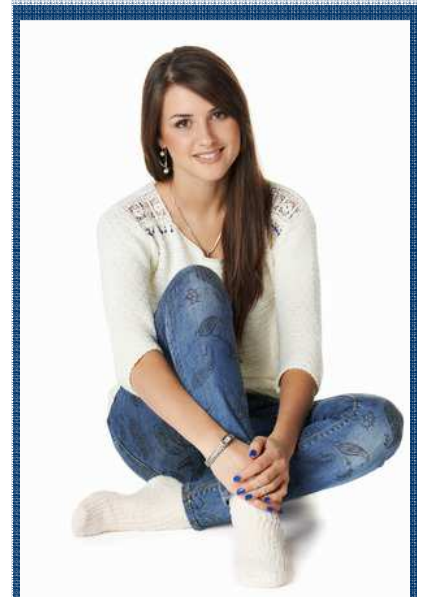
There are also varying lengths of socks available. The different sizes depend on your choice and preference.

Here are some of the most common socks sizes:

- o Ankle length socks
- o Knee length socks
- o Calf Length Socks
- o Mid-Calf length socks
- o Crew length socks
- o Quarter length socks

Some other types of socks commonly used are:

- o Athletic socks
- o Bobby socks
- o Nylon/Knit socks
- o Slouch socks



Types of Socks for Everyday Care (Cont'd from previous page)

- o Trouser socks
- o Knee-high nylons
- o Thigh—high
- o Tights
- o Toe socks
- o Acrylic socks.

Regardless of the type, the primary objective of socks is to offer protection to the feet.

Secondary medical functions are often achieved to include compression for swelling or veins, or “extra-stretch” as in diabetic socks.

Do make sure to change socks daily and wear only socks that are comfortable and meet your needs.♦



Basic Foot and Ankle Anatomy

Your foot supports the body weight and aids in providing leverage for walking and running. It contains an arch and can adapt to uneven surfaces. There are three primary ‘pivots’; the ankle joint; the heel and the toes.

The ankle joint, subtalar joint, and toe joints are the principally-involved joints for walking and running. Your foot and ankle is made up of a framework of bony skeleton covered by muscles, fascia and skin containing blood

vessels and nerves.

The structures inside the foot and ankle most commonly vulnerable to injuries include:

Bones: There are several bones that make up a foot. Starting from ankle the back of the foot, the calcaneus (also known as heel bone) is the largest bone in the ankle that makes up the greater part of heel.

Basic Foot and Ankle Anatomy (cont'd from previous page)

There are 7 tarsal bones in the ankle and foot which make up the foot arches along with long bones in forefoot (metatarsal bones). The toes in the forefoot have separate bones (phalanges) in them.

Plantar fascia – It is the deep fascia present in the sole of the foot. As well as protecting underlying nerves, blood vessels and muscles present in the sole of the foot, it has a very important role in the support and function of the foot.

Ankle joint – It is formed by the articulation between the lower ends of tibia and fibula (long bones inside leg) and body of the talus bone (an ankle bone). Several ligaments support this union and provide strength and flexibility to the ankle joint.

Two types of movements take place at the ankle joint: Dorsiflexion (toes pointing upwards) and Plantar flexion (toes pointing downwards).



Subtalar joint – This joint is present inside the rear of the foot, between the two ankle bones (talus and calcaneus) and is also strengthened by attachment of ligaments. Gliding and rotatory movements of the foot are possible at this joint.

Achilles tendon – Tendon is a band that connects your muscle to the bone. The achilles tendon is located at the back of your ankle (above the heel) and it attaches the calf muscles to the calcaneus bone.

Hopefully you start to appreciate the foot as an incredible marvel of the human body, with an extremely important role to play in daily life.

If you experience any pain in your foot and ankle, do arrange for a consultation with us as soon as possible! ♦

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



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Tristan White visits Niagara Falls office

One of the Podiatrists from our UK office paid a visit to Niagara Falls at the end of October. Tristan White has been working at The Footcare Centre in Weybridge, UK since 2009.

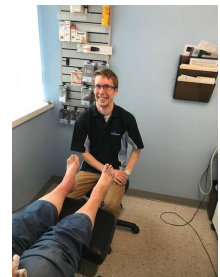
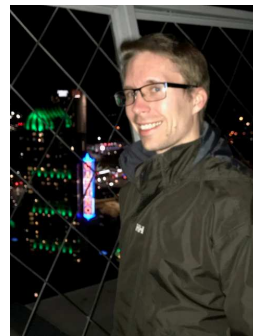
He spend Friday observing Stuart in clinic, getting a feel for how we work here in Canada (quite different to how it is in the UK)!

We then took Tristan to see the Hockey. The Niagara Falls Canucks were playing Fort Erie at The Gale Centre on Friday night. The Footcare Centre has recently started sponsoring The Niagara

Falls Canucks. We even found the player who was sporting the Footcare Centre name on the back of his jersey.

The Canucks won 4 – 1, so a good evening all round.

Saturday and Sunday was an opportunity to show him the sights



We enjoyed having Tristan visit and would hope that he has some new ideas to share with the team at Weybridge. ♦

Office Closures

The office will be closed in November as follows:

Nov 10th – We will be attending the Canadian Federation of Podiatric Medicine conference in Mississauga.

Nov 15th to 17th – We will be attending the College of Podiatry conference in Liverpool, UK

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