

# **HAPPY, Healthy Feet!!**



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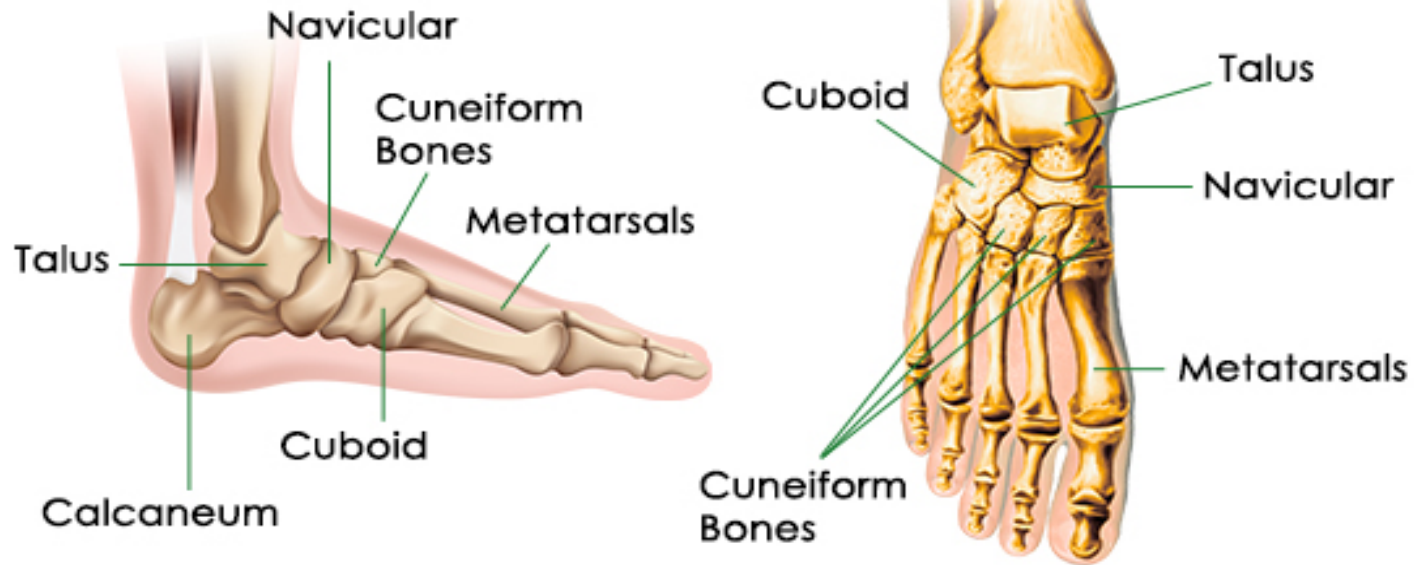
MILD

MODERATE

LARGE

SEVERE

# The Foot





# FOOT FACTS

## KEEP YOUR FEET HEALTHY!



**Triad Foot Center**  
*Partnering for exceptional care.*

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**3** out of **FOUR** Americans experience serious foot problems in their lifetime.

**52** bones in both feet!



When running, pressure on the feet can be **4x** the runners body weight.

Each of your feet have,

**107** ligaments

**26** bones

**19** muscles

**33** joints

**250,000** sweat glands excrete up to a half-pint of moisture daily.

Approx. **15%** of sports-related injuries affect the foot alone.



5% of people have corns/calluses



5% have fungal foot infections



65% of diabetics will have damage to their feet



5% have ingrown toenails

# Foot Facts

- 60% ppl have a one foot larger than the other.
- Feet change shape and size as we age, they also get flatter and wider.
- The average person walks 150,000 miles in a lifetime.
- Running increases body weight up to 7 times your weight.
- Footwear can cause lots of problems.

# Foot Tips

- Shop in the afternoon for shoes. Feet swell throughout the day.
- Try on both shoes and walk around in the store for a minute or two.
- Make sure you have good space at the top for your toes.



# Foot Tips

## **Women:-**

- Don't wear the same shoes everyday swap out for different heel heights and styles or wedges and sneakers as well.
- Do not cover nails that are thick or discoloured with polish, it will make it worse.

## **Men:-**

- Wear clean socks every day.
- Alternate shoes to allow them to dry out.
- Avoid the presence of athlete's foot or plantar warts (verrucae pedis) by wearing shoes in changing rooms and showers (gym).
- Cut straight across for nails

# Foot Tips

## **Over 50s:-**

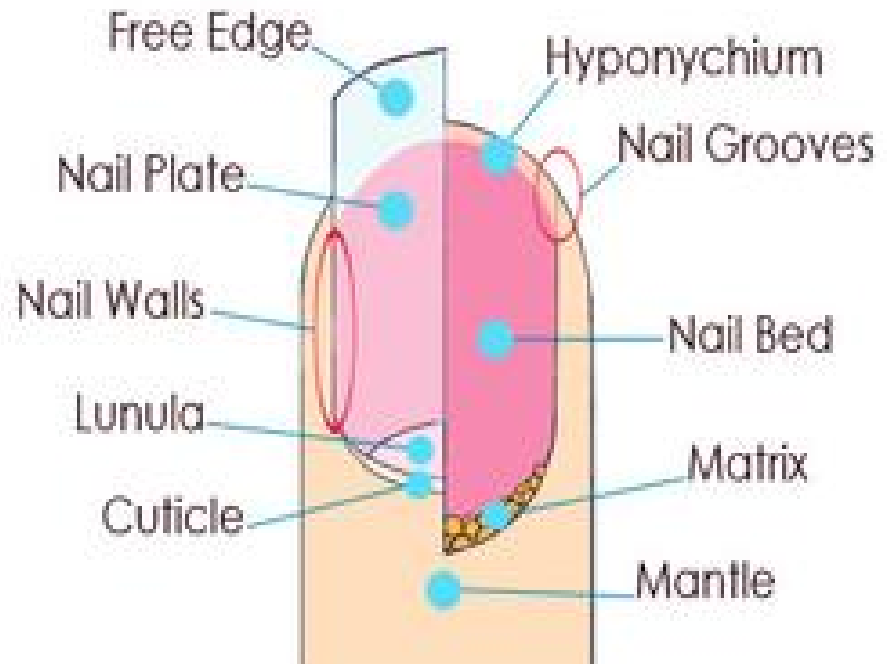
- Inadequate footwear can increase risk of arthritis which is common in 60% cases of foot pain.
- If you are diabetic get your feet checked by podiatrist. Diabetes is responsible for many lower limb amputations which can be prevented with adequate footcare and early intervention.

# Nails

- Def: **Nails** (*ungues*) – hard plate of packed keratinised cells placed upon the dorsal aspect of the fingers and toes.
- The nails (like hairs) are a **modified type of epidermis**.
- Nail plate - composed of approximately 25 layers of flattened, keratinised cells fused into a dense, hard yet slightly elastic plate
- Typical thickness = 0.5-1.0 mm
- Origin - the **nail matrix**
- Nails can be bent or curved by heat, moisture and pressure – e.g. by footwear

# Nail Structure

- Nails like skin can be an indicator of disease and provide valuable diagnostic information.
- Changes in shape, contour and texture are not unusual, but should always be noted.
- Pain and appearance of the nail plate - most common cause of patients presenting for treatment or advice.
- Unfortunately, some nail conditions are irreversible.



# What do our feet say?

- Our skin and nails can tell us a wealth of information about our bodies.
- Colours and temperature can tell us about circulation.
- Dry itchy skin- eczema, psoriasis
- Hyperkeratosis, the presence of corns and callous indicate- plantar pressures.
- Nails can highlight systemic conditions
  - pitting nails (psoriasis/psoriatic arthritis)
  - Spoon shaped (iron deficiency pale white bed-anaemia)
  - Numbness/tingling/burning are signs of neuropathy or nerve damage.
  - Painful joints (gout/osteoarthritis)
  - Clubbing (systemic, lung, heart or may be congenital)
  - Thick, yellowed nails (fungal)
  - Cold feet-thyroid/circulatory



# Diabetes Mellitus

- This is an endocrine disorder that is characterized by elevated blood sugar levels even after fasting.
- This puts burden on normal function in the body.
- It can cause complications such as peripheral neuropathy, kidney damage, ocular damage and macrovascular complications such as stroke, myocardial infarction, hyperlipidaemia
- Diabetics need to check feet daily, wear good fitting shoes and socks and visit their podiatrists.



# Why are feet important?

- Our feet take us wherever we want to go throughout the day and yet most of us take them for granted.
- Until something happens and then we cannot function and we feel almost crippled with the thought of how to and what to do?
- Common problems that are encountered include:
  - Blistering
  - Hard Skin and callous, Corns
  - Warts
  - Fungal nails and Athlete's Toes,
  - Ankle sprain
  - Heel Pain(Spurs/Plantar fasciitis)
  - Ingrown nails

# How Do We Care?

- How do we care for our feet?
  - Truthfully most people ignore the pain or the problem, treat with home remedies and then after sometime they visit the GP or some visit the podiatrist.
- What do we do or like to do ?

# Feet for Life Campaign



- The purpose of this campaign is to raise awareness that good foot health is necessary for maintenance of good quality of life and that Podiatry is a key element in preventative medicine.
- Feet for Life Month –June (The College of Podiatry of the Society of Chiropodists and Podiatrists).**keep on walking**

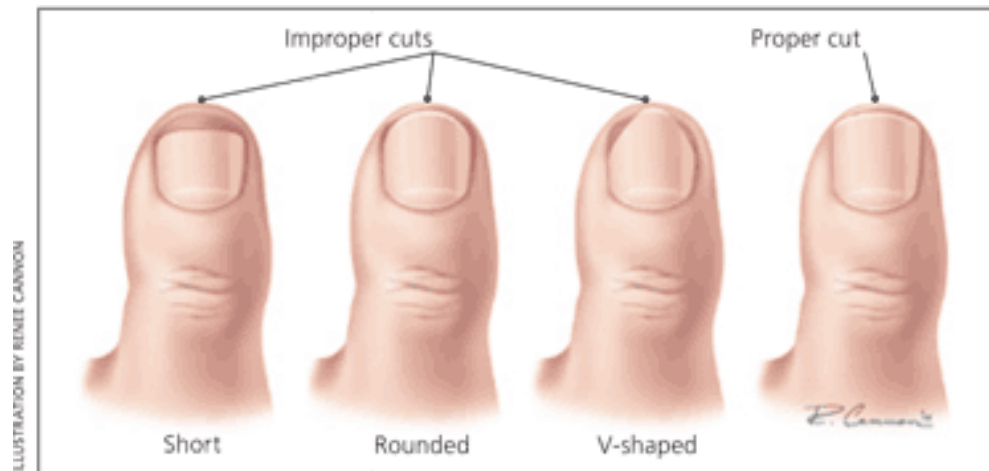


# Healthy Feet Maintenance

- Condition oneself to gradually stretching about 15mins prior to exercise and remember to cool down and stretch as well.
- Wash feet with soapy water and dry thoroughly concentrating between toes.
- Wear good shoes (own more than one pair)
- Wear good quality fitting socks.
- Avoid 100%cotton socks for this main purpose since they cause blistering. Wool/silk blends are good or acrylic blends if these are too warm.
- Socks with dry core or drymax are designed to manage moisture.
- Double thickness is good primarily for the purpose of blisters.

# Healthy Feet Maintenance

- Trim nails straight across and follow the shape of the nail avoid going down the corners





# Healthy Feet Maintenance

- Apply moisturisers before bed to maintain and encourage good skin integrity and prevent injury.
- **Tired feet...** exercise with circles to the feet, straighten toes and then wiggle around, raise and point toes for 5 secs repeat up to 10 times.
- See your podiatrist.

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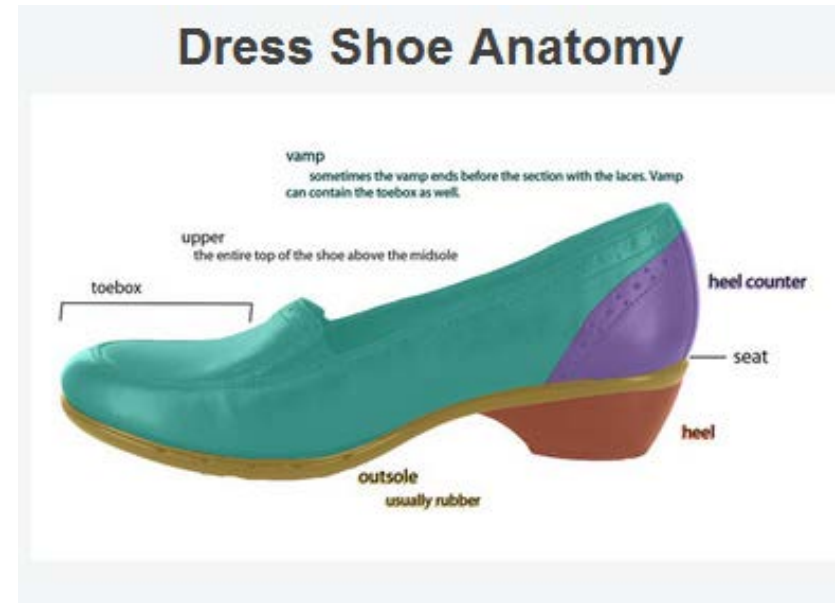
Podiatry 101

# What can the podiatrist do?

- The podiatrist prevents or corrects deformity and maintain normal mobility and function in the feet and lower limbs.
- Podiatrists provide:
  - basic information on walking style and posture and identify any medical and surgical condition that may require further referral and management.
  - Relieve pain or treat infections and skin, nail, soft tissue and connective tissue problems.
  - Advise on footwear.
- Podiatry scope is wide and falls into numerous categories which we come across on a day to day business.

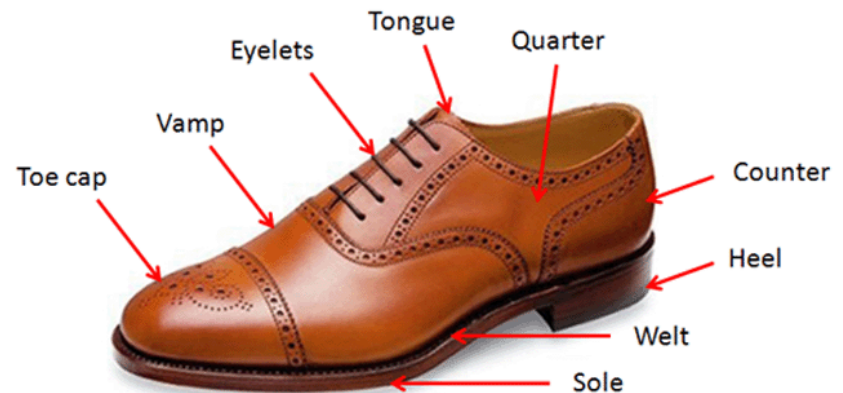
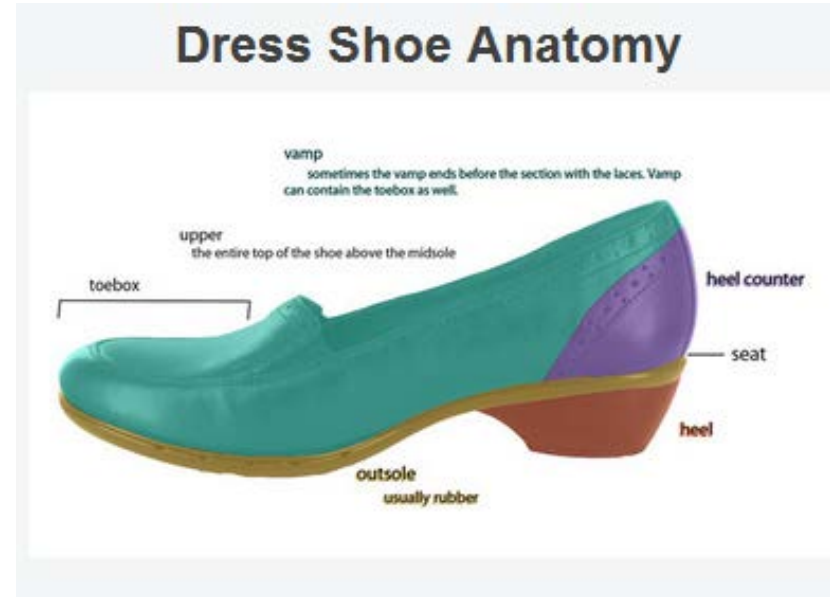
# Footwear Guide

- **Heel:** Broad base and be no more than 1 ½” in height
- **Heel Counter:** reinforces the heel cup and stabilises the foot on ground contact
- **Sole:** Provides cushion and protection for walking comfortably and prevents slipping
- **Upper:** Natural materials (leather or breathable fabrics)



# Footwear Guide

- **Lining:** Same materials but smooth and seam free
- **Fastenings:** Laces, straps, buckles, Velcro to hold the foot firm in the shoe
- **Toe Box:** deep and wide prevents rubbing and sufficient toe room
- **Insole:** removable preferably to allow for padding or orthotics



# Fitting



Don't only check size but check that:

- 1/2inch of space between you longest toe and top of shoe
- Wiggle room
- Width is adequate
- Shoes should not slip when walking push heel into back of shoe and alter laces or straps to adjust fit.
- ALSO our feet are still growing so remember that to check these points when buying a shoes.
- All brands aren't the same shoe size, there is no same shoe size to try and fit accordingly.



# Shoe styles & Situations



- **High heels**

- are essential in every woman's wardrobe but they can cause a lot of problems such as blisters, corns, callouses, foot, knee and back pain.
- You can wear heels for a short period of time and occasionally.
- Let heels be special. Limit wearing them 3-8hrs.
- Take smaller steps, heel first and glide.
- 90% ppl wear shoes that are too small, fitting needs to be correct.
- Extra attention such as foot baths and foot massages after makes them feel great.

# Shoe styles & Situations

- **Orthoses**

- Need to be accommodated by the shoe (depth at toe and heel/adjustable fastening/ Low heel height/removable insole in shoe).

- **Sporting Shoes**

- Running shoes are for running. Flexible and bend through each step, should use these for sports that involve side stepping like basketball or tennis or aerobics.
- Cross Trainers are stiffer more support for side to side
- Sports Shoes, designed for such sports since they are flexible but provides sideways support
- Fitness Shoes are for aerobics, flexible with support and incorporate cushioning to reduce shock during high impact

# Shoe styles & Situations

- **Slippers**

- The soft comfortable flip flops are not supportive and can cause trips and falls. Look for slippers that are cushioned sole and ideally can fasten onto the foot. OR wear a comfortable fitting shoe indoors.

- **Work**

- Well fitting that are cushioned with a flexible sole (so no hard sole thin sole shoes)
- Safety shoes and in wet conditions waterproof footwear and socks which are not thick to keep the feet warm but no too tight that they affect circulation.

# Working Feet

- You should always wear the right shoe for the job.
- Some surfaces we stand and walk on are unforgiving.
- The discomfort and pain felt will affect you work and affect performance and mobility, possibly even injury.
- Long periods standing can cause pain to feet to neck.

# Working Feet

Occupation can contribute to foot ailments:-

- Aches or pains in the heel, arch, ball of the foot or legs.
- Itching and/or discolouration and swelling in the feet, ankle or leg caused by varicose veins and venous insufficiency.
- Numbness, tingling in the foot, changes to the colour of the skin can be caused by poor circulation.
- Injuries such a crushing, punctures, amputations and lacerations caused by heavy objects falling and crushing the foot or toes; treading on pointed or sharp objects such as nails or broken glass.

# Working Feet

- Sprained ankles, fractures or broken bones resulting from slips, trips and falls.
- Constant walking on hard, inflexible surfaces can exacerbate joint damage, wearing shoes that are a poor fit, or have too high a heel causing knee, hip, back and neck pain.
- Corns and hard skin.
- Sweaty and smelly feet and athlete's foot.

# Working Feet Tips

- Wear shoes that are appropriate for your job and suitable for your work conditions.
- Different occupations have different footwear requirements.
- Wear safety footwear if the job requires or recommends it.
- Wear shoes that fit properly, allowing your toes wiggle room
- For women who want to wear heels, stick to a heel height of around 4cm for everyday footwear, and do daily calf stretching exercises to keep calf and heel muscles supple. If you're on your feet constantly, reduce heel height to 2cm.
- Vary heel height from day to day.
- Wear shoes with a strap or lace over the instep rather than slip-ons.
- Always have two pairs of shoes on the go, alternating on a daily basis so that sweat can dry out properly.
- Safety footwear such as protective toecaps can prevent toes being crushed.
- Where slips can occur – wear slip resistant soles.
- Wear puncture resistant soles.
- Adopt a regular foot care regime to keep your feet in tip-top condition.

Remember proper foot care is essential to healthy, painful feet and should be routine.





**Thank you for listening!**

