



# Proofing Template

## Take Care of Your Footings To Avoid Subsidence

High impact aerobic exercise such as running & even heavy duty walking can all take their toll on our feet! Foot problems such as plantar fasciitis, overpronation, arch pain, blisters, foot fungus, ankle sprains, stress fractures & tendonitis can all be the result of neglect & poor choice of foot wear when carrying out exercise



Fortunately, most conditions are preventable with a little tender loving care and in many cases easily treatable. However, if foot & ankle conditions are ignored they can become difficult to treat.

**Plantar fasciitis** (Heal Pain) is the result of excess stress through a long ligament type structure (the plantar fascia) in the bottom of the foot, causing tearing, and resulting in inflammation and pain. Most people will complain of pain in the heel as they first step out of bed in the morning, or upon rising after long periods of rest. The most common reasons for the development of plantar fasciitis are:-

- Wearing poor quality, incorrectly fitting or worn out shoes (where the midsole is worn down and may have lost support and stability)*
- Abnormal mechanics in the foot. If the foot **overpronates** (rolls in) this places a tremendous amount of stress on the tendons in the arch and on the plantar fascia, which can result in small tears.*
- Overtraining*

Treatment for plantar fasciitis include:-  
**Rest**, try alternating your training with swimming or biking to avoid too much impact

- activity on your feet.*
- Ice**, apply for 20 minutes, after any high impact exercise involving impact on the feet. Repeat twice a day.
- Stretching** the calf and/or the arch multiple times throughout the day. Start with gentle stretching, and avoid overstretching. Night splints can be very helpful.
- Support**, wear supportive shoes and consider an over the counter orthotic or arch support from your local pharmacy or Medical foot care practioner. If you have flatfeet you may need custom made orthotics from a podiatrist.

**Achilles tendonitis** is recognised when pain develops at the back of the heel or in the calf and can be sharp with activity and feel deep and dull with rest. The symptoms along with the steps to treat tendonitis are very similar to that of plantar fasciitis.

*A Stress Fracture is an incomplete break of a bone which most commonly occurs in the metatarsal bones (the long bones in the middle of the foot). The pain is usually sharp and develops suddenly, but it is not the result of a specific injury or trauma. The most common cause of stress fracture is overuse. Symptoms include sudden swelling and bruising on the top of your foot, you may not remember any specific injury. The typical treatment is a surgical (fully rigid shoe) for 4-6 weeks prescribed by a podiatrist.*

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## Michaela Turner :Podiatry Practitioner

**Friction blisters** are one of the more common foot injuries in runners and are most commonly developed on the back of the heel, the side of the big toe or on the toes. A blister is a result of friction or shearing forces on the skin. It is a natural reaction caused by the body's defence mechanism.

Although treatment is simple, prevention is better than cure!

*Nothing a pair of good quality socks and proper shoe fit could fix. Sometimes, blisters are unavoidable. If your blisters are not painful or infected, then leave well alone. Check that your socks are not crumpled at the toes or heel? Also check for stitching on your sock or in the shoe that is prominent causing rubbing? You can place fleecy web (see your medical foot practioner) directly on top of small blisters to help reduce friction. Drain larger blisters with a sterilized needle (unless you are diabetic) by punctured the side of the blister and placing gentle pressure with gauze to absorb the fluid. Don't remove the top layer of skin. Dry the area, then Place fleecy web directly over the blister. Any blister that has redness, streaking or pus may be infected then see your doctor immediately.*

### Foot & Toenail Fungus

Fungus loves moist, warm environments. If you have peeling, redness and itching on the bottom of the foot and in between the toes then it will need treating or else it can spread to the toenails. Foot fungus can be treated with over the counter anti-fungal medications in combination with anti-fungal powder and spray in the shoes and eliminating the moist, warm environment. If they do not work then try Lamisil once available from your medical foot care practioner.

Toenail fungus is characterized white, splotchy areas on the nail or thickness and yellow discoloration of part of the entire nail. Toenail fungus can cause ingrown nails and thickened nails, both of which can cause pain. Toenail fungus is much more difficult to treat. The treatments range from simple home remedies to expensive oral medications. Prevention is the best treatment. Decrease the amount of moisture by using wicking socks and make sure your sock and shoes fit properly.

### Thick Toenails

Thick toenails are usually a result of repetitive trauma or fungus. A constant pressure on the

toe nails while running etc, rubbing up against the toebox of the shoe. Again prevention is better than cure so good shoe fit and good quality sock.

**Shin Splints** (pain on the front of leg bone/ tibia) aggravated by running, walking, short sprints and walking up and down stairs or hills.

The most common cause for shin splints is overuse. Faulty foot mechanics is another reason for the development of shin splints.

**Calf Stretching** will stretch some of the



affected deep muscles in the back and side of the leg. It will take stress off of the muscles in the front of the leg which lift the foot up (dorsiflex). Calf stretching will also decrease overpronation.

**Wearing supportive shoes** is one of the most important steps you can take. A flexible shoe will only worsen the problem. A motion control shoe is ok if you have overpronation and don't wear orthotics or other motion control inserts.

**Controlling overpronation** is another important step. One of the best motion control prefabricated orthotics to control pronation is the Prolab P3 Orthotic. A motion control insert which is less rigid is the Superfeet Sport Insole.

**Icing for 15-20 minutes** after the activity, directly on the shin, will help reduce inflammation.

**Reduce activity.** You can eliminate hills, stairs, hard surfaces (like concrete) and sprints, without completely abandoning your training regimen.

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## **Nerve impingement**

Pain, tingling and numbness on the top of the foot. A nerve impingement is commonly known as a "pinched nerve" or a nerve entrapment. The nerve is being irritated by structures within the foot or pressure from a shoe.

Treatment: Avoiding tight fitting shoes or boots, compression stockings, elastic braces and other tight clothing are the first steps towards resolving the problem. Resting the foot, reducing inflammation with ice, placing a pad around the origin of the nerve impingement (such as a horseshoe pad) and shoe lacing techniques can all help decrease pressure and rub from shoes and compression of the nerve. If these techniques are not helping then you need to see your local GP.

Finding the correct pair of sports shoes can be a challenge but the importance of a proper fitting shoe cannot be understated. As in most cases, prevention is your best treatment. Proper shoe and sock fit, gentle stretching after warming up and recognizing a problem before it become serious are your keys to staying active and avoiding foot problems.

## **Top Tips when buying a pair of sports shoes**

### **1. Consider buying your shoes at a speciality running store.**

Your shoes may be a little more expensive, but you will most likely have a trained professional help with your shoe fit.

**2. Take your orthotics.** If you wear orthotics or use certain inserts or arch supports in your shoe, make sure you take these with you as they are key to the fit of your shoe.

**3. Have your feet measured with your socks on.** The measurement should include the heel to toe measurement, the heel to the ball of the foot measurement and the width.

**4. Make sure the shoe bends at the toes, and only at the toes.** The shoe should not bend in the middle (stiff shank). You want the running shoes to be supportive. To test this, place the toe of the shoe on the ground vertically, grab the heel and press down. If the shoe collapses on itself, it is too flexible and won't be supportive. The shoe should bend only at the

toe area, where the foot bends.

**5. Check the heel counter.** The heel counter is the back of the shoe where your heel sits. You want to make sure the heel counter is not too rigid. When you grab the back of the shoe, at the heel area, it should flex a little, but maintain it's shape. If there is no flexibility at all and it is too rigid, this can be uncomfortable and contribute to blister development.

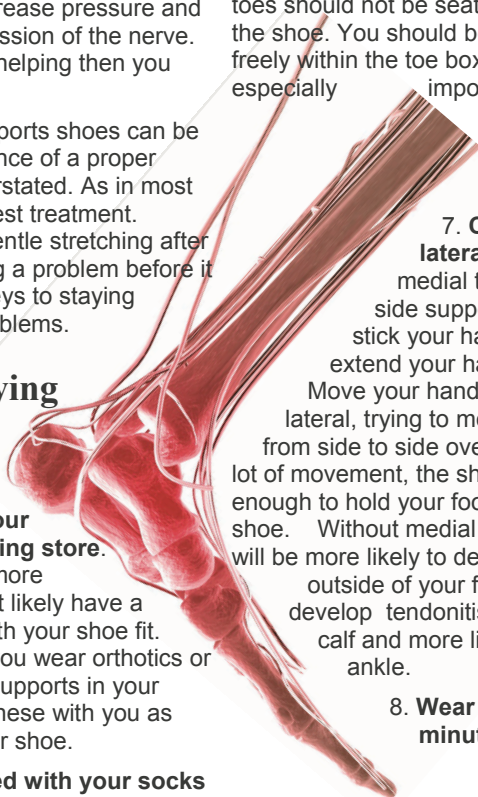
**6. Leave wiggle room for the toes.** The general rule is to have a fingers width between your longest toe and the end of the shoe. Your toes should not be seated up against the end of the shoe. You should be able to move your toes freely within the toe box. A large toe box is especially important for those

individuals with bunions and wide forefeet.

**7. Check for medial to lateral support.** To check for medial to lateral support (side to side support at the forefoot), stick your hand in the shoe and extend your hand out to the toe area. Move your hand medial first and then lateral, trying to move the shoe material from side to side over the sole. If there is a lot of movement, the shoe is not supportive enough to hold your foot on the sole of the shoe. Without medial to lateral support, you will be more likely to develop blisters on the outside of your feet, more likely to develop tendonitis on the outside of your calf and more likely to sprain your ankle.

### **8. Wear the shoes for 10-15 minutes in the store.**

If they still feel comfortable, take them home and walk around inside the house with them. Keep them on for an hour before going out for a run. It's a terrible temptation to put on the new running shoes and head out the door as soon as you get home. Try and resist. Many times, after walking around the house in the shoes, people will find areas of irritation and discomfort. It is much easier to try and return the shoe before they've had outside use.



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