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Welcome...

Welcome to FootWise, the newsletter from your friendly Podiatry team at 'A Foot Above®', Beeston. Happy New Year 2010!

Did you know...

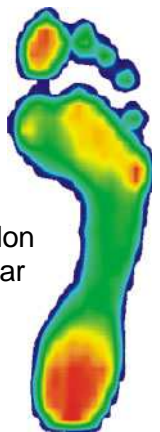
- The foot is constructed of around 28 bones, 27 muscles and 33 levels of articular mobility.
- During a run, the foot can increase in length by as much as 1 to 1.5 cm.
- When we run, which we do in nearly all sports our body weight is multiplied up to three times, with our feet bearing the brunt of this stress at every stride (over 1,000 strides per mile, per foot).
- Whether you are a professional athlete, or play sports just for fun, the demands on your feet and lower limbs can lead to a range of injuries and sports demands a lot of our feet, so need to take extra care of them

What is Podiatric Biomechanics? How it can help YOU...

Podiatric biomechanical analysis is proven to assist in the successful diagnosis and treatment of many types of heel, arch, Achilles, ball of foot, knee, ankle and hip pain in addition to sporting injuries.

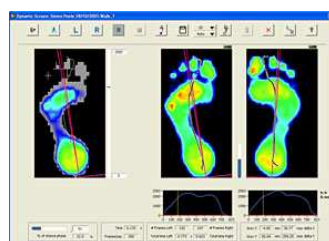
You will have your movement analysed, alongside joint and tendon examination to reveal the causative factors of their particular problem.

In many cases, functional problems may be corrected with the use of orthotics (insoles in the shoes) in which the foot can then be correctly aligned to provide a more stable and comfortable gait movement.



Orthotics explained...

Orthotics can be prescribed to correct specific body imbalances, making the foot and body more stable and comfortable and free from pain. 'A Foot Above®' specializes in custom made orthotics, meaning these are accurately fitted to your foot and shoe without the bulkiness of many 'off the shelf' products.



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Good Sporting Feet

As in all aspects of foot care, prevention is the key. You can help make “good sports” of your feet by following a few rules:

- Wash your feet every day, and dry thoroughly
- Wear only good-quality, well-fitting cotton socks
- Always use the correct shoe for each sport and surface
- Get in shape. Being overweight or out of shape places added stress on the feet



Injuries - what to do

Minor injuries are best treated by rest, gradually returning to exercise when any pain or discomfort has gone. Minor ailments such as corns and athlete's foot are easily treated by a Podiatrist.

If the problem is more serious, or if you are in any doubt, it is best to consult a Podiatrist for advice.

Correcting the problem

There is also a lot the Podiatrist can do to prevent injuries recurring, or indeed developing in the first place.

Your Podiatrist at 'A Foot Above®' specializes in Biomechanics – the study of the application of science to the way we walk or run. They can tell if your particular style, or gait, may be causing any problems or injuries.

Podiatrists may prescribe corrective appliances (orthotics) molded to the shape of your foot, which will help the foot function normally and distribute weight more evenly across the foot. Each sport has its own demands and custom made orthotics can be made to suit your sporting needs and your own individual feet. Orthotics can be worn during sporting activities and should reduce the risk of sprains and strains.

New Year - New Feet

Why not treat yourself to a Chiropody appointment to start the New Year with a spring in your step?

Toenails cut, hard skin, corns and calluses removed, and any verrucae treated. Proper care and treatment of your feet will relieve pain and help your feet to carry on the duties necessary to living a full, healthy and happy life.

'A Foot Above®' – we're passionate about your feet!

SPECIAL OFFER Simply Nails

Do you have problems cutting your own toenails? Simply Nails is the solution! This is a specialist, minimal cost, toenail cutting service by the HPC registered Chiropodist/Podiatrist from 'A Foot Above®'. Simply Nails includes a professional overview of your foot health with **FREE** foot care advice to enable you to take best care of your feet. If you have any problems cutting your toenails, 'A Foot Above®' has the solution with Simply Nails.

For Appointments call 'A Foot Above®' on **0115 9223377**



Society of Chiropodists & Podiatrists



Accredited Practice

