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Welcome...

Welcome to FootWise, the newsletter from your friendly Podiatry team at 'A Foot Above®', Beeston.

Did you know...

- On average you take 8,000 to 10,000 steps a day. In their lifetime the average person walks more than 100,000 miles – more than 4 times the circumference of the globe!
- When you walk, the pressure on your feet sometimes exceeds your body weight. When you're running the pressure on your feet can be 3 to 4 times your body weight.
- A pair of feet has approximately 250,000 sweat glands. Each day your feet will excrete as much as half a pint of moisture.
- Feet increase in size during the day – it's best to try on new shoes in the afternoon, when feet are at their largest.

Working feet and footwear

In all aspects of Podiatry we treat patients who work. But do you really give any thought to what your working feet must tolerate from '9 to 5', or longer? At 'A Foot Above®' we can advise you how best to look after your working feet to keep them in tip-top condition and how to avoid the many common ailments associated with working feet.

Every year some 22,000 people in the UK miss work for more than three days due to foot injuries. At 1,800 people each month, this in itself is an astonishing figure, but the figures for slips, trips and falls are far higher, with many such events causing very serious injuries or even death.

Many workers face problems with their feet or legs because of the wrong footwear or because they are forced to stand for too long. Feet bear the brunt of your daily working life. Prolonged standing, badly fitting footwear, high heels, slippery surfaces and falling objects are just some of the dangers to which we expose our feet in the workplace.

It is estimated that around 80% of the adult population has some form of foot problem. This can vary from aches and pains, swelling and corns to fungal infections or varicose veins.

How your Podiatrist can help...

Podiatrists can offer patients a better service by increasing knowledge of working footwear, the hazards in the work environment and the legislation relating to footwear in the workplace.

Comfortable, properly fitting footwear is essential to maintain good foot health. Many minor foot ailments can be relieved with properly fitting and carefully selected shoes. The Society of Chiropodists and Podiatrists gives the following advice on choosing footwear...

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Society of Chiropractors & Podiatrists



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Tips on getting the right fit

- Always have both feet measured because they may not be the same size. When choosing shoes, the length, width and depth of the shoes are important. Always try on both shoes.
- Ensure there is enough room at the front of the shoes to allow for the natural movement of your toes when walking – your toes should be able to wiggle. Make sure there is around 1cm space between your longest toe and the end of the shoe.
- When choosing new shoes, take time to test them out and walk around to ensure maximum comfort. Shoes that fit well should feel comfortable.
- As you get older, your feet tend to get larger!; so get them measured periodically.
- A good fit doesn't necessarily mean high expense.

Corns and Calluses

How do they happen?

When we put pressure on our feet the skin thickens to withstand it. This pressure may then become intense and a corn or callus can appear.

What are Corns?

Corns are the most common skin problem for your feet and appear as small concentrated areas of hard skin. There are two main types of corns, hard and soft. Hard corns are a plug of hard skin usually found on the tops of the toes and underneath toe nails. Soft corns develop in a similar way to hard corns but are whitish and rubbery in texture. They appear between toes where the skin is moist from sweat or when insufficient drying occurs.

Always see a Specialist

If you have a corn you must consult a Podiatrist for advice and to arrange the removal of a corn. If you are elderly or are diabetic you must not use corn plasters or other products as they can burn healthy skin tissue around the corn.

What are Calluses?

A callus is a small area of hard skin, caused by pressure or friction. A callus can appear anywhere on the foot where the skin rubs against the bone, shoes or the ground. Most calluses are a symptom of an underlying problem such as bone deformity, a particular style of walking or inappropriate footwear. By seeking advice from our HPC registered Podiatrist these factors can be improved or cured.

The best treatment

Small areas of callus can be controlled by regularly using a foot file or pumice stone. Using a deep moisturizer will also help improve the skins natural elasticity. If the callus becomes painful, consult your Podiatrist who can remove hard skin, relieve pain and redistribute pressure with soft padding or corrective orthotic insoles. Regular visits to your Podiatrist, every 6 to 8 weeks will ensure your feet are maintained in tip-top condition.

Chiropody Treatment

Good foot care makes sense! For continued foot health, consult the 'A Foot Above[®]' Podiatry team and try our Chiropody treatment today.

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