



Caring for Your Feet

The human foot is a complicated part of the human body, consisting of 26 bones bound by ligaments, supported by muscles and supplied with blood vessels and nerves. Feet are in constant use and are often subject to considerable strain which may cause injury.

Some Simple Suggestions for Healthy Feet

- Keep your feet clean.
- Apply lanolin or olive oil to dry skin.
- Avoid using hot water and strong soaps.
- Dry skin carefully. Do not rub hard with a towel.
- Avoid if possible athlete's foot infection, use a mild fungicidal powder.
- Do not cut corns, callouses or ingrown toe nails.
- Avoid bruises, burns, cuts, cracks and frostbite. If any of these injuries occur, seek professional advice immediately.
- Avoid the use of harsh or strong medications such as antiseptics containing iodine or carbolic acid etc, corn cures or chemical compounds and ointments for athlete's foot.
- Avoid exposure to cold and dampness.
- Seek immediate professional care for any ulcer or sore on the foot or leg.

Proper care and treatment of your feet will relieve pain and help your feet to carry on the duties necessary to living a full and happy life.

Common Foot Ailments

Corns

Corns are caused by friction and pressure. They do not have roots and the cause is also often due to bone deformity.

Callouses

These are a symptom, not a disease, and the cause must be corrected before the callouses can be cured. Chronic corns and callouses require periodic professional care. However, in some instances, surgical or orthopaedic measures may be required to effect a cure. On no account should one engage in home treatments -foot infection is dangerous.

Excessive Perspiration

This can cause foot odour. Daily bathing and regular application of a medicated foot powder can help in many cases. When these fail, you should visit a Chiropodist for professional advice.

Bunions

These are caused by a weakness of the ligamentous and muscular structures of the foot and leg. The tendency for them to form may be hereditary, but factors such as stress and strain and interference from shoes can also bring about this deformity. When these joints are red, swollen or tender, see a Chiropodist, as these signs may indicate the formation of a bunion, arthritis, gout or infection. A bunion on the joint of the little toe is known as a tailor's bunion.

Warts (or Verrucae)

These are often mistaken for corns or callouses. A wart has a blood and nerve supply of its own. They are usually extremely painful and tend to spread if left untreated.

Athlete's Foot

This is a skin disease caused by a fungus. This fungus most commonly attacks the feet where it thrives best because of the warm, dark and sometimes moist environment it finds inside the shoe. The main cause of athlete's foot is the lowering of the skin's resistance. Practice good foot hygiene! The skin must be bathed daily; be kept dry by changing socks or tights frequently, and a mild fungicidal drying powder used on the feet and in the shoes.

For foot health - Consult your Chiropodist.

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