

Podiatry in Motion

Bay Area Foot Care

April 2015 | Issue Number 28



Caring for feet
that run

20100 Lake Chabot Road,
Ste 2
Castro Valley, CA 94546
510-581-1484

2299 Post Street,
Ste 205
San Francisco, CA 94115
415-292-0638

4000 Dublin Blvd.,
Ste 310
Dublin, CA 94568
925-556-4460

6600 Mercy Court,
Ste 150
Fair Oaks, CA 95628
916-459-4398

3010 Colby Street,
Ste 118
Berkeley, CA 94705
510-581-1484

www.bayareafootcare.com

Foot Care for Runners

Running is a sport where injury is common, whether from wrong form, or overuse. Although running can be a great way to exercise, de-stress and improve your overall health, it can give your feet and legs quite a beating.

Follow these five simple tips to keep your feet in tip-top shape.

1. **Make sure you have the right footwear.**

Specialty running stores often provide a free gait analysis on the in-store treadmill, or at least a professional who can evaluate your stride to find a pair that suits you best. Replace shoes as soon as they are worn out or have lost their cushioning.

2. **When running, step fast and soft.**

Long, slow steps puts all your body weight on each foot strike. All that impact built up over thousands of steps is enough to cause muscle pain and foot injuries.

Increase your cadence, meaning you take more steps in less time, and soften your foot strikes to decrease impact. Recent studies have shown that runners who shorten their stride by 10 percent could reduce the risk of tibial stress fractures by up to 6%.

3. **Ward off blisters and calluses.**

Calluses are thickened areas of skin that form due to repetitive pressure. These can actually cause blisters in the long run.



We're with you, at every step of
the way.



Calluses can cause blisters in the long run

Foot Care for Runners

(Cont'd from previous page)

A tip from the pros? Make sure to rub off calluses before a long run. You can use a pumice stone or a foot file made specifically for this purpose.

Blisters are caused by a combination of friction and perspiration. If you already have blisters, don't prick them, as this can create an entryway for bacteria. You can prevent blisters by wearing dri-fit socks that wick away moisture.

4. Muscle soreness, aches and pains are inevitable. But you don't have to suffer through them.

The tried and tested RICE formula can work wonders: Rest, ice, compression and elevation relieve pain, reduce inflammation to damaged tissues, and speed up healing. RICE is most effective if you do it as soon as possible after the pain occurs.

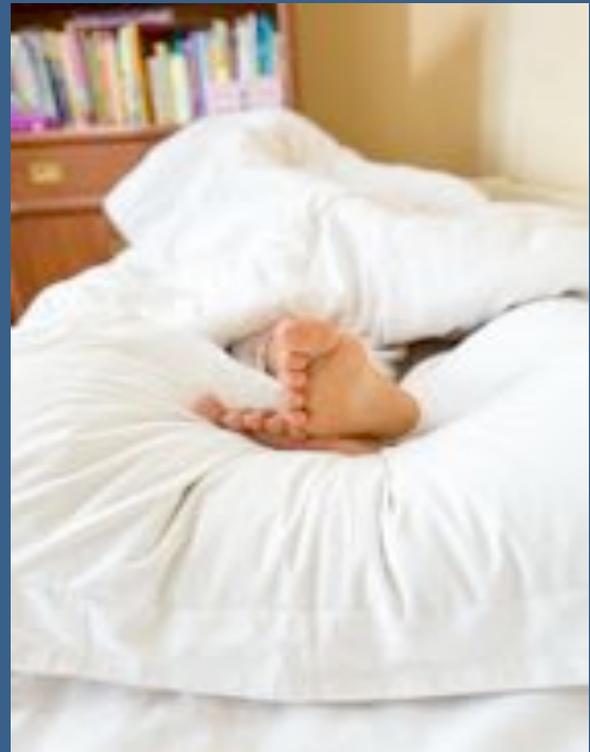
5. Listen to your body.

When you start experiencing pain in your feet or legs that doesn't go away for more than a few days, it's best to bring the problem to a podiatric physician who can make a more accurate diagnosis and treat the injury before it gets worse.♦

Pedicure: A Source of Major Foot Problems

After a long day at work or after a stressful week, all you want to do is to relax and treat yourself to a pedicure. You just want to sit all day at the salon and have your toenails cleaned. So many people love this activity because it is a way to relieve stress and pamper oneself.

However, there are thousands of people each day who develop certain types of foot problems due to pedicures.



Rest your feet and legs and apply cold compress when injured

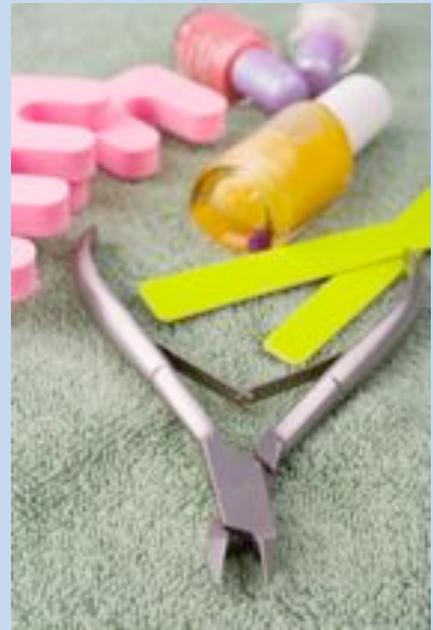
Pedicure: A Source of Major Foot Problems

(Cont'd from previous page)

Pedicures are usually harmless, especially if the equipment and chemicals used are properly cleaned and prepared. Having beautiful toenails is nice but it's important to keep your foot healthy in the process!

One of the most common foot problems caused by pedicures are bacterial infections. Many people come in and out of salons everyday and they may not be able to have enough tools to use for different clients.

As a result previously used tools are used once again. You will never know what kind of foot problem the customer before you had, and this may be contagious. Unclean, dirty tools are the main sources of bacterial infection in the foot.



Unclean, dirty pedicure tools are the main sources of bacterial infection



Did you know that baths can trigger skin irritation?

Another foot problem caused by pedicures is skin damage. When performing pedicures, salon workers usually make use of foot baths where the foot and part of the lower extremity is soaked. Hair and dead skin accumulates in foot baths which are not thoroughly cleaned, thus creating skin irritation leading to damage.

People who have diabetes have this wrong notion that when they have the disease they can no longer cut their own toenails so they visit salons to do this for them.

However, most salon workers do not specialize in diabetic foot care and they trim down the nails like any other ordinary customer. Ingrown nails and cuts in the skin may occur, thus potentially leading to infection.

The last foot problem caused by pedicures may be the worst and the hardest to cure. Toenail fungus is a condition where fungus grows inside the toenails impeding its growth.

20100 Lake Chabot Road,
Ste 2
Castro Valley, CA 94546
510-581-1484

2299 Post Street,
Ste 205
San Francisco, CA 94115
415-292-0638

4000 Dublin Blvd.,
Ste 310
Dublin, CA 94568
925-556-4460

6600 Mercy Court,
Ste 150
Fair Oaks, CA 95628
916-459-4398

3010 Colby Street,
Ste 118
Berkeley, CA 94705
510-581-1484

www.bayareafootcare.com

Pedicure: A Source of Major Foot Problems

(Cont'd from previous page)

You might have the prettiest toenails, but once this fungus attacks your nails, it will cause thickening, hardening and a yellowish discoloration in the feet. It can be very difficult to treat.

However, you can try taking antibiotics and applying creams. To prevent its

spread, you must apply an antifungal powder in your feet most especially the spaces between your toes.

The best way to avoid problems with pedicures, is to only go to reputable nail salons, and ensure you clean your own feet even after a pedicure.♦

Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact **Bay Area Foot Care** (see details left).

Thanks for your support!