

Podiatry in Motion

Bay Area Foot Care

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Travel season!

Have Feet, Will Travel!

It's the holiday season again and many of us will be traveling to visit family and friends or for leisure.

For those who are traveling by air, it's important to keep your feet healthy and well, as they would literally be going places!

Here are some foot care pointers to take note for air travel:

Drink Plenty of Water

Keep yourself well hydrated before and during the flight, as the air can get quite dry inside the aircraft cabin.

Watch Your Diet!

Before flying, try not to consume too much salty food and drinks, as the sodium could cause your body to retain fluids, resulting in swollen feet.

Wear Appropriate Footwear

Be sure to wear comfortable, dry socks and shoes. You may also want to remove your shoes in-flight for toe exercises and better circulation.

Store Your Bags Overhead

If possible, store your carry-on bags in the overhead compartment! If you leave your bags on the ground, the space for your legs will be more cramped.

Walk and Stretch

For long flights, make sure to get up, walk around and stretch your legs frequently to increase circulation.

This is to prevent deep vein thrombosis, a condition which is caused by blood clots in your leg veins.

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Keep your feet healthy for your trip!

Have Feet, Will Travel!

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Some exercises you can do are flexing and extending your ankles, knees and hips.

Sitting Posture

Don't cross your legs- this will further reduce circulation to your legs and feet.

Emergency Kit

It's always a good idea to bring along a medical kit- some Band-Aid, antiseptic creams and other medication which you may require.♦



Keep them moving!

Tarsal Tunnel Syndrome

The tarsal tunnel is a narrow space that lies on the inside of the ankle next to the ankle bones. The tunnel is covered with a thick ligament (the flexor retinaculum) that protects and maintains the structures contained within the tunnel—arteries, veins, tendons, and nerves. One of these structures is the posterior tibial nerve.

Tarsal tunnel syndrome is a compression, or squeezing, on the posterior tibial nerve that produces symptoms along the path of the nerve running from the inside of the ankle into the foot.

Symptoms of tarsal tunnel syndrome include numbness, pain and tingling or burning sensation at the bottom of the feet and toes.



Dealing with Tarsal Tunnel Syndrome is not easy- talk to us about it!

Tarsal Tunnel Syndrome

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Tips for Dealing with Tarsal Tunnel Syndrome

Here is how you can keep your foot healthy and protect it from the numbing effects of TTS!

Foot Orthotic Devices

Bracing reduces pressure on the foot, and is a great measure to deal with tarsal tunnel syndrome. Since there is some kind of nerve compression in this syndrome, we can release it with the correct degree of pronation. Abnormal pronation of the foot can be avoided by such braces.

Ankle braces are most commonly prescribed orthotics in cases of TTS. The early numbness can be cured and handled by using such orthotic devices.

Beat the swelling at once

Swelling and inflammation are the main aggravating factors of tarsal tunnel syndrome.

It will further decrease the tissue spaces in feet and will entrap the nerves more strongly. Use anti-inflammatory drugs to suppress the inflammation as soon as possible.

Calf muscles stretching

The calf muscles are attached to ankle by means of tendons and stretching of these muscles can relieve the pressure over the ankle area bearing the main nerve.

Steroids therapy

If tarsal tunnel syndrome has progressed

and your foot sensations are lost, your specialist may prescribe cortisone injections at once to reverse that numbness.

Surgery and expert opinion

In severe conditions, patient can lose the foot as all of the nerves will be permanently damaged and repair may not be possible with home measures.

You should contact your podiatrist so that your foot condition is assessed properly and relevant measures are taken. Many severe cases require surgery to solve the problem.♦



Happy holidays!

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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!