

# Podiatry In Motion

Bay Area Foot Care

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Safety and comfort when hiking!

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## Foot Care While Hiking!

Every adventure-loving soul love to experience breath-taking sceneries. While our eyes allow us to appreciate the beauty of the surroundings, we can never reach places without our walkers. It is therefore imperative that foot pampering should always be given a priority. Follow these basic tips:

- 1) Feet warm-up. As with exercising, hikers need a warm-up to avoid getting strained and injured. Get used to walking by gradually increasing the distance each day. That way, your feet's muscles, tendons and ligaments are prepared for a more strenuous activity.
- 2) Pack light. If you carry a pack with you, make sure it is enough to carry all your hiking essentials and not too heavy to injure your body especially your feet. Walking

puts much pressure on your feet as you carry your body weight and what whatever you take along with you. Packing lightly reduces the chances of getting sore and aching feet.

- 3) Wearing the right, comfortable, and flexible footwear. Aside from carrying a light pack, it is a must that you wear a pair of shoes that has a good fit and allows your toes to breath. Wearing shoes that would compress your feet or are rather too lose would pose harm on you. You can either slip with your lose shoes or get a swollen feet if it's too tight. Secure your ankle and heels at all times especially when going for long hikes and on rough terrains.

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Confident steps

## Foot Care While Hiking!

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Great foot care goes a long way

- 4) Cushioned and breathable socks are recommended. Socks should also go with your shoes. Consider the type of socks you wear as you need ample room for your feet once you put on your shoes. Don't use overly thick socks that can cause your walkers to sweat.
- 5) Rest your feet and give a soft massage. Take a break so you can elevate your feet and allow it to breath by removing all your footwear. A gentle massage on your toes can provide a quick relief too.
- 6) Observe proper foot hygiene. If you can take some Epsom salt with you and whenever it is possible to have lukewarm water, you can always soak your feet to attain relief and refresh your walkers at the same time. Always dry it up with a clean cloth.
- 7) Treat hotspots. With your emergency health kit, include foot treatments and don't wait for hotspots to turn into blisters. ♦

## 5 Ways to Improve Blood Circulation

There are many jokes about people getting "Cold Feet" - which are traditional references that allude to grooms who feel like they are having a "change of heart" before getting married, but the actual, literal meaning of "cold feet" doesn't stray far from the traditional tales of getting cold feet.

Cold feet can be a weird sensation in your foot that occurs when the foot is surrounded by wet socks, felts, shoes, or boots. When the foot gets wet, which is one of its natural tendencies to do through perspiration when it gets hot, the heat exchange between your toes and the rest of your body can change.

In extreme cold, like that found in the more northern regions of the USA, Canada, Asia, and Europe, toes can suffer from the cold feet injury known as FrostBite.



Improving blood circulation!

## 5 Ways to Improve Blood Circulation (Cont'd from previous page)

The cold air slows down the particles so that nothing barely moves, not even the particles, so your toes get extremely cold and can even go numb from loss of feeling.

If you suffer from cold feet, experience the feeling of cold feet on a regular basis, or plan on travelling to an area where the air is cooler, then take note of the following 5 Ways To Increase The Circulation To Your Feet:

### 1. Stomp your feet.

When you stomp your feet it gets the particles moving through vibration and impact. Do it enough times and your foot will start to feel warm again.

### 2. Rub your feet.

Take your foot with your hands and start rubbing it. How does it feel?

### 3. Lubricate Your Feet In Pepper Oil.

If you want to experience greater sensation in your foot through the spice of pepper, then blend some crushed pepper with some cooking oil, or get adventurous and try your own organic combinations using Jalapeno peppers soaked in oil and see how that works to heat up your foot.



4. Soak your feet in hot water for 15 minutes. This helps get the blood flowing by increased the cellular activity that occurs when your foot soaks in hot water.

5. Wear looser socks or tights. Many of the foot's veins can get constricted by fabrics that are too tightly wrapped around the foot. Try a bigger sock or shoe size to see if that helps prevent cold feet. ♦

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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!

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