

Podiatry In Motion

Bay Area Foot Care



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How to Choose the Right Shoes for Your Child!

Imagine your child having a rough day on the first day of school because of “bad” shoes. Not a good first-hand experience you would want for your child, right?

Simple things such as choosing the best pair of shoes for active school life may spell a big difference in his/ her attitude towards going to school every day!

These are some tips to remember when buying school shoes for your active child:

1. The right fit.

The right fit entails comfort even after a long day at school. It should have proper allowance to move freely and, at the same time, should not have the tendency to slip. A wide shoe gives enough space for movement.

2. Pain-free.

Pain is usually a sign of an impending foot disorder when the same shoes are being used constantly. Pain may indicate blisters, corn, or wrong alignment of the feet. Pain may also limit your child’s activities and may be bothersome for the whole day at school.

3. Good support is available.

Supportive devices such as paddings allow comfort and lesser contact with the inner surface of the shoe. It also allows lesser tension on the weight bearing areas of the foot (forefoot, toes, and heels) and serves as a good shock absorber.

Paddings also ensure proper alignment of the foot every step, keeping the body in proper form when walking.

4. Pair it with good socks.

Good socks provide good support and comfort. They absorb moisture and dry easily.

Good socks also lessen the friction on bony protrusions and keep the foot dry. This prevents fungal infection, corns, blisters, and calluses. Socks should also keep your feet snug inside your shoes.





Summary

You can prevent your children from having a bad day by following these easy steps. Make their school moments worth remembering by providing them with good shoes!

Managing Dry and Calloused Feet

A **callus** is a thickened skin usually found on bony prominences, brought about by persistent pressure and friction on that certain area.

Dry and callused feet are common for middle to old aged people, but are usually not recognized as a problem immediately.

When calluses progress into larger sizes, they can bring significant discomfort or pain when walking.

Calluses on the feet are usually a result of dry feet associated with poorly fitted shoes and faulty foot mechanics.

Here are some helpful tips to prevent dry feet and persistent calluses:

1. *Use paddings* - paddings serve as a support to your feet. They prevent constant and persistent contact of your feet against the inner surface of your shoes that can bring about friction.

2. *Hydration and moisturizers* - dry feet may indicate that you are not having enough fluids in your body. Application of moisturized lotions with adequate fluid intake may solve this problem.

3. *Good socks* - good socks also serve as an additional padding and reduces friction.



4. Application of orthotics - Calluses are also an indication that it is the area where weight and pressure are constantly being shifted and applied.

Our big toes are the usual areas where calluses are formed due to our gait cycle. Orthotics makes use of special devices in order to distribute your body weight and pressure equally to other parts of the feet.

If pain is persistent despite all other measures of treatment, a visit to your podiatrist will be helpful. Your podiatrist may prescribe medication to soften the calluses or perform simple surgical excisions.

He/ she may also assess whether it is a simple callus or if it is associated with an underlying medical condition.

Walking without pain and being callus-free will help you enjoy your day to day activities more. Take control of your feet today, and start walking carefree with these useful tips! ♦

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Special Thanks

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

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

Once again, thanks for your unwavering support!

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