

Podiatry In Motion

Bay Area Foot Care

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19845 Lake Chabot Road,
Ste 301
Castro Valley, CA 94546
510-581-1484

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

4000 Dublin Blvd.,
Ste 305
Dublin, CA 94568
925-556-4460

5120 Manzanita Ave,
Ste 100
Carmichael, CA 95608
916-459-4398

2915 Telegraph Ave,
Ste 302
Berkeley, CA 94705
510-581-1484

www.bayareafootcare.com

Important Foot Care Tips for Claw Toes!

What are Claw Toes?

A health condition where the toes bend and form a claw-like position is termed as claw foot or claw toes. It may appear among people from their birth and the feet bending in the later stages of life. Although an uncomfortable scenario, it is not a serious medical condition. However, in case they are a result of diabetes or stroke, it can be a serious problem.

Wearing the right shoes that fit your feet is one of the key preventive measures. Avoid wearing shoes with high heels too. These shoes are prone to increase the pressure on the front part of your feet by over 50%.

Flat shoes that have thinner soles offer the maximum comfort to the feet. Moreover, you should make it a point to change your

shoes from time to time. Wearing worn out shoes can result in damaging your feet.

Some recommended foot care tips for people suffering from Claw Toes are:

- 1. Cover it:* First of all you need to cover it with corn pads or felt pads. One may use the toe caps to cover the tip of the toe and relieve pain.
- 2. Wear proper shoes:* Shoes with resilient soles which are wide but not pointed.
- 3. Exercise Regularly:* There are specific exercises like moving or stretching the toe by using your hands and picking a soft or small object. This keeps your toe joints flexible.

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Important Foot Care Tips for Claw Toes! (Cont'd from previous page)

Moreover, keeping a towel flat under your feet and using the toes for crumpling it can be a good exercise too.

4. Apply Ice: In case you feel pain over your claw toes, it is advised to apply an ice pack at different times of the day. It relieves you from all forms of swelling and soreness.

With the above preventive measures and other possible options to relieve claw toes, you can be assured of good foot care. However if it continues causing problems, don't forget to consult your podiatrist! ♦



5 Tips to Stay Protected From a Frostbite

An injury that occurs due to exposure of the body to extreme temperatures (below freezing point) is known as frostbite. The severe cold freezes the skin along with its underlying tissues. Feet, toes, and fingers are the areas that are usually affected. However, your ears, cheeks, and nose are also prone to developing frostbite.

The following foot care tips can help people in staying protected against frostbite:

1. Avoid tight socks: It is important to wear loose socks as the risk of frostbite increase

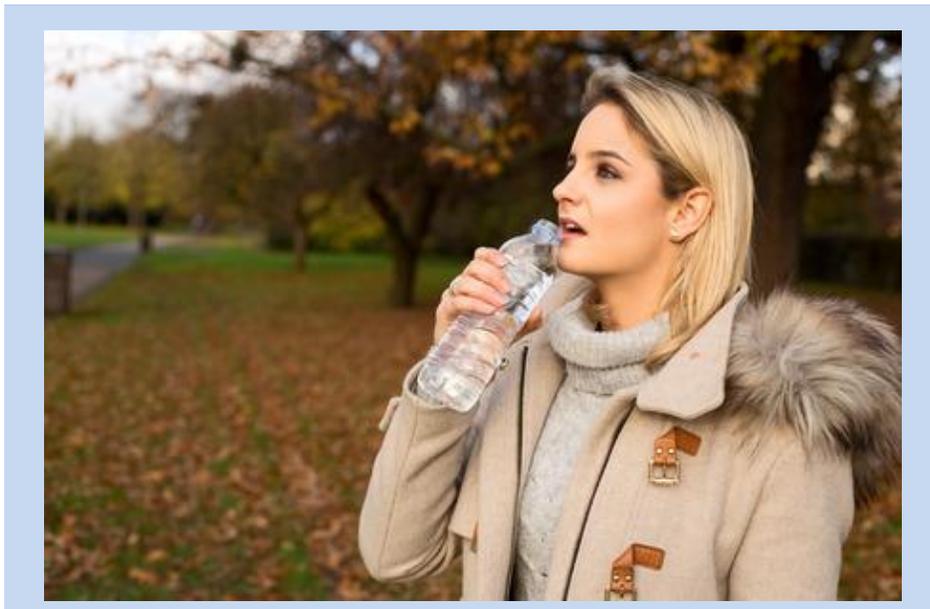
with tight clothing. For other parts of your body, it is recommended to layer your clothing and use windproof as well as waterproof materials. Similarly, layer a pair of woolen socks over the socks within.

2. Avoid walking barefeet: If you catch a frostbite then make sure you do not walk on your feet or rub against the frostbitten area. Also, make sure you do not use a hair dryer or fire or anything that offers direct heat to the area.

5 Tips to Stay Protected From a Frostbite (Cont'd from previous page)

3. *Keep a check on temperatures:* People often fail to gauge the intensity of cold outside. Hence, if you are about to go outside make sure you are well prepared for the weather conditions.

4. *Stay Hydrated:* In case you feel pain or tingling, make sure you drink lots of water and remain hydrated. Keeping your surroundings warm is also important. However, do not consume alcohol in cold weather - it is a bad mix as alcohol makes you lose heat faster or make you feel warmer than you actually are.



5. *Do not stay outside for long hours:* If the weather outside is very cold then it is better you spend your day indoors. Exercising to keep the body warm is also something that has to be done on a daily basis in winter or cold weather.

With such precautions in place, you can ensure that your feet stay protected from catching a frostbite! ♦

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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!