

# Podiatry In Motion

Bay Area Foot Care

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## Orthotics in Golf Shoes

Making a good and smooth swing without feeling any discomfort is a plus when you're aiming to win in golf.

For over a century, manufacturers have evolved the capacity of golf shoes to its highest form of comfort. Besides comfort, manufacturers have also incorporated orthotics to give maximum support in a golfer's body mechanics and to prevent injuries.

### What is Orthotics?

Orthotics is a branch of mechanical and medical science that manufactures devices that aim to support, immobilize, align, or prevent injuries in the movable parts of our body. This field is very important to athletes, and golfers are not an exemption.

### Shoes for Golfers

Golf shoes are designed to have spikes to maintain good balance throughout a full swing. It enables the player to be steady, and prevents the player from slipping when doing the follow-through.

Good golf shoes should also be of high standard- durable whether it rains or whether the ground is scorching hot. Golf shoes should not give you that gliding feeling on your toes or the feeling of stepping on a barbecue grill when walking on a hot fairway!

Proper shoes should have good support. Golfers would commonly experience plantar fasciitis or "heel pain" when the shoes don't fit snugly.

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## Orthotics in Golf Shoes (Cont'd from previous page)

In addition, good socks may help in giving optimal support. Without good arch support, this may also cause a flat arch deformity on your foot.

Poorly fitting golf shoes would not only harm your feet, but can also cause problems to your knees.

When your feet are in a flattened arch position, the knees would tend to be rotated

outward to maintain balance. This can lead to significant knee pain.

Investing in good golf shoes is tantamount to investing in your health. Golf shoes should be able to protect your feet, despite walking both uphill and downhill on an 18-hole course.

After all, a good pair makes good swings—and therefore, winning shots! ♦



## Foot Odor

Foot odor can be a sensitive topic for many people. Even the cleanest individual can cause noses to wrinkle when he takes his shoes off at the end of the day. Known by the medical term “bromodosis”, smelly feet occur when sweat and bacteria mingle to create a foul odor, often described as “thick” or “like vinegar.”

The feet contain over 250,000 sweat glands. Some individuals have more sweat glands than average, and may produce even more sweat. By itself, sweat has no odor. When

your feet perspire, that perspiration usually evaporates before it can do any harm.

But when you wear socks and shoes that prevent evaporation of sweat, that sweat could come into contact with bacteria breeding in your footwear and on your skin. Things can start to get quite smelly!

Shoes and socks create a dark, moist environment which is perfect for breeding foot odor. Therefore, it's important to be hygienic with your footwear.

## Foot Odor (Cont'd from previous page)

Besides footwear that doesn't allow sweat any space to escape, foot odor can also be a side effect of stress, medication, hormones and alcohol intake.

### Preventing Foot Odor

Luckily, there are many things you can do to avoid the embarrassing situation of smelly feet:

- Keep your toenails trimmed short. Long toenails are a breeding place for germs.
- Wash your feet every day with regular soap, and make sure to dry them thoroughly before putting on your footwear. The spaces between the toes are often neglected. These become moist and can attract odor-causing germs.



- Commercial foot powders can help absorb excess sweat and prevent smelly feet.

- Regular foot soaks and foot scrubs can help alleviate foot odor. To do this at home, simply soak your feet in a basin full of green tea for half an hour, once a week. Green tea contains tannins which dry out your feet to prevent odor. After soaking your feet, you can scrub them with a pumice stone or a commercial foot scrub. This removes dead skin cells, which serve as food for the bacteria that cause foot odor.

- Only wear cotton or woolen socks that have been freshly washed. When washing socks, it is important to wash them inside-out so

that you would remove accumulated dead skin cells. White socks can be bleached to remove stubborn bacteria. Some socks for sports are made with technical fibers that allow evaporation of sweat.

- Keep your shoes as clean and dry as possible: alternating between pairs of shoes allows them to dry out completely between uses.

You can sprinkle baking soda in them after use to kill bacteria, or use a store-bought shoe deodorant (like the kind used in bowling alleys). If your shoes can be washed, wash them frequently in a solution of detergent and hot water.

## Foot Odor (Cont'd from previous page)

If you experience continued problems with foot odor, do make sure to see your podiatrist, who may recommend a more targeted prescription. ♦

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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!

