

Rhodes Podiatry Clinic

FOOT PRINTS

ISSUE 6: JULY - SEPTEMBER 2008

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Is your heel becoming a pain?

Heel Pain is one of the most common conditions treated by Podiatrists. It is often a sign from the body that your feet need medical attention.

Heel pain is predominantly seen in middle-aged men and women.



It is also common amongst people who take part in regular sporting activities or are constantly on their feet.

The condition can also affect children between the ages of 8 to 13, as they become involved in sporting activities.

Heel pain can be caused by various factors. However, it is usually the result of faulty biomechanics in the foot. This can place too much stress on the heel bone and the soft tissue attached to it.

The stress may also result from injury whilst walking, running or jumping on hard surfaces. Wearing improper footwear or being overweight can also increase stress on the feet. Additionally, arthritis and diabetes can contribute to heel pain.

If the pain and other symptoms of inflammation – redness, swelling, heat should persist, you should limit normal daily activities and consult your Podiatrist.

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Stop those heels from cracking...

Heel fissures or 'cracked heels' are a simple condition that can lead to major foot problems. Apart from looking unattractive, dry cracked heels can indicate the beginning of a serious foot problem.

Cracked heels are splits in the skin of the heel. The cracks form due to excessively dry skin. They can harmlessly develop, as calluses on the heels and left untreated can become deep painful cracks.

The main causes of heel fissures include,

- Excessive pressure on the heel, due to structural problems of the feet
- Dryness of the skin, this can develop from diabetes, vascular or neuropathic conditions
- Footwear – open heeled shoes, sandals, thongs or sling-back high heels.

Simple measures such as, applying a moisturiser and using a pumice stone to remove dry dead skin is helpful in keeping the skin in good condition.

Heel fissures can be a serious condition, particularly for people with diabetes, neurovascular diseases and neuropathy.

Deep cracks require professional care and can be treated by your Podiatrist. If you are concerned about the condition of your feet, please seek the opinion of your Podiatrist.

Gift Vouchers

Gift vouchers are available for treatments at our clinic, these make an ideal gift for family or friends, please enquire at reception.