



Footnotes

A Message from Louisa



Well spring has at last sprung into life bringing with it a glorious array of new growth sprouting everywhere. The countryside is awash with 100's of different hues of green which is a welcome sight to many of us as we come out of hibernation from the long cold winter.

I am coming out of my hibernation from my maternity leave after the safe arrival of my daughter Harmonie Bliss who was born at home as planned in late February and I am looking forward to seeing you all again in June on my return. The past couple of months have gone by like a time warp but have been great fun and I would like to take this opportunity to say an enormous thank you for all the lovely congratulations cards, good wishes and presents that you have sent. Harmonie has most definitely been welcomed into this world with a fanfare.



This edition of Footnotes contains contributions from Dr Simon Duck providing advice on the correct ways on lifting children and other lifting techniques, something that many of us, parents and grandparents will find beneficial. Also a free drop in clinic is being hosted on 3rd June from 2-4pm for parents to bring their children to be screened for walking development abnormalities.

We also bring you top tips on looking after yourself in preparation for the holiday season including information on general foot health care and how to keep your feet fit for sandals as well as details of the 'essential' essential oils to pack for any vacation.

I would also like to introduce to you and welcome Jo Rose, an holistic therapist who has joined our team. Jo has a range of skills including Reiki, Reflexology, Kinesiology and Nutritional therapy and offers individual treatments along side running one day courses. Jo also offers combined treatments which take two hours, giving you the benefits of a selection of all her skills. These sessions are a real treat for your body and mind. See Jo's website for further information www.roseholistichealth.com

As ever, your generosity for our ongoing charity work for Women's Aid and the Night Shelter continues to flood through the door and always puts a smile on not just our faces but also to many anonymous unknown faces within the community. To date we have collected enough toileteries to make up over 350 wash bags which have been distributed to Oxford, Aylesbury and Berkshire Woman's Aid and 10 car loads of bedding have been taken to the night shelter.

Louisa Hallewell

Caring for Your Little Miracles

Leonardo Da Vinci called the human foot a "miracle of natural engineering". It has twenty six bones which have to work synergistically to allow body weight to pass over it smoothly and without causing injury. No surprise then, that if ignored in childhood adult foot problems can result.

It is routine to have your children's teeth checked regularly by a dentist but feet are rarely checked by Podiatrists. For this reason a FREE drop in clinic has been arranged at Feet First for parents to bring their children to be screened to see if further assessment is necessary.

As your children's feet develop you may notice how their walking changes. Simon Duck and Jenney Klose are Podiatrists trained to check for anomalies such as flat feet, bow legs, knock knees, tripping, bunions, inward facing knees and walking pigeon toed.



Knock Knees

Some children may benefit from treatment in the form of exercises or custom made insoles known as orthoses. Orthoses are used to improve posture and walking by changing the movements of joints.

You don't need to ring for an appointment - just drop in.

Simon Duck

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ FREE ★

Children's Drop-in Clinic
SATURDAY
3rd June
2pm - 4pm

★ FREE ★

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Holiday Essentials

If off on your hols it's always worth popping these essential oils in your bag. They can help in a multitude of situations and take up no space at all. Pack with a tube of Aloe Vera Gel to use as a skin soothing base and you're all set.

Lavender - A great all rounder. Can be used neat on burns, spots, cuts and grazes. Use to fumigate rooms (put a few drops in a mug of boiling water) making them smell sweet and deterring insects.

A few drops on a cotton wool ball put next to your pillow can also help you sleep. A few drops in the bath helps you relax and unwind after a tiring journey.

Tea Tree - The antiseptic first aid oil. It is antibacterial, antiviral and antifungal. Use for insect bites, cuts and grazes by applying a drop or 2 directly to the area. A couple of drops on a damp cloth wiped over surfaces kills germs.

Chamomile - This is an incredibly soothing oil and helps relieve any kind of inflammation and irritation. Ideal for sunburn and the dreaded irritation of mozzie bites. Add a few drops to a squirt of Aloe Gel and apply to the affected area.

Peppermint - A good oil for anyone that suffers with travel sickness. A couple of drops on a tissue and inhaled can be very helpful. Also a great oil to revive you making you feel refreshed and awake, again inhale a few drops from a tissue. A drop in a little Aloe Vera Gel can be rubbed into temples to ease a headache.

Laura Flynn

Get Your Feet Ready for Summer

With summer just round the corner, now is the time to start preparing your feet for sandals and open toed shoes. Here are some top tips to make sure your feet are ready for some summer sunshine:

Deal with hard or callused skin on a weekly basis by using a foot file like a large emery board. Always attempt this when your feet are dry before your bath or shower. Filing a wet foot only rips the skin which when dries; the skin will harden and dehydrate thus causing further callus or possibly some cracks around the heels.



Moisturise daily using a quality foot cream with a minimum content of 10% urea. Urea helps keep the skin feel soft and flexible.

Creams I recommend are CCS foot cream or heel balm, or Flexitol Australian heel balm. When used regularly, these products can heal cracked and fissured skin on heels.

Wear a sandal that has an ankle strap for support. Flip flops and mules offer no support and can cause potential problems with toes 'clawing' during walking.

If you are planning on painting your toe nails, always use a good quality base coat to prevent your nails from yellowing. Only use a non-acetone nail varnish remover and always give your nails some 'breathing space' and let them go 'nude' to get some fresh air to them.

Walking barefoot on the sand is a wonderful way to exfoliate your feet and also exercise the muscles in your feet and calves.

However do not walk barefoot in communal changing rooms or around poolside to help prevent the risk of catching verrucae or fungal infections.

Louisa Hallewell

Practice Matters

Whilst I have been on maternity leave Dr Simon Duck has provided chiropody cover for me and I would like to thank him for his assistance during the past few months.

I am pleased to announce that I will be back in treatment offering chiropody services with effect from 6th June and will be available for appointments on Tuesday and Thursdays between the hours of 10am – 4pm.

Simon will continue to offer treatments for gait analysis/biomechanical assessments and

chiropractic treatment between the hours of:

Monday: 10.00am – 6.30pm
Friday: 10.00am – 6.30pm

Sadly over the past couple of month there have been problems with phone calls and messages not being returned. Having tried to combat the problem of not having full time reception cover, I had enlisted the services of a virtual PA company to take phone messages during opening hours when reception is not covered. Unfortunately this service has not worked as efficiently as I had hoped and some of you have had problems, and been rightly annoyed that your phone calls and messages had been lost and not been returned.

I humbly apologise to all those affected by this problem. In order to overcome this problem reception will always be covered by a real live person each morning,

Damaging Kids!

Your children can cause you more damage than you think. Have you ever had a back twinge when moving your child such as securing them in your car? These twinges can often escalate into a problem requiring a chiropractic appointment in my back clinic. To help you try and avoid this I have compiled some tips.

Keep your child close

When lifting your child keep them close to your body. Moving an object away from you puts more strain on your back.

Keep upright

Keep your back as upright as possible. It has four curves which act like a shock absorbing spring. Standing and leaning forward just to do up a seat belt causes a lot of stress to your spine especially if you twist. It is better to get in the car and sit next to your child when doing this sort of thing.

Alternate sides

If you end up holding your child on your hip try and alternate the hip. As when lifting anything remember to bend your knees slightly so less shock is absorbed through your back.

Pilates, Tai chi and Yoga

Tai chi and Yoga are ancient disciplines which discovered the importance of muscular harmony long before western medicine recognized it's value. They all help develop the small muscles which help hold the joints of the back together. Going to these types of classes helps prevent joints from moving out of alignment when you put your back under stress.

If you do put your back out

Once a joint has been put out of line it usually responds well to skilful low force manipulation and pressure over muscle to reduce painful spasm. There is usually no need to "crunch" the bones back in line using this method.

Simon Duck

by either myself or Kersti during the following hours:

Monday: 9.30am – 12.30pm
Tuesday: 10.00am – 11.00am
Wednesday: 10.00am – 12.30pm
Thursday: 10.00am – 12.30pm
Friday: 9.30am – 12.30pm

At all other times our answer machine will be left on whilst our therapists are in treatment. We will endeavour to return your call by the close of business the same day or failing that first thing the following morning. I understand that this is far from ideal; however I hope to be able to offer full reception cover in due course.

Thank you for your understanding and patience.

Louisa Hallewell

Feet First

Podiatry & Holistic Health

01844 261023
www.feet-first.org