

Summer 2008



# footnotes

## A Message from Jenney

It is now a year since I took over Feet First, time has gone so quickly. On reflection, it has been both rewarding and challenging. I would like to thank you all for your support. I hope you have enjoyed our various promotions. Our Foot MOT for the over sixties has been particularly popular. The NHS is no longer providing a nail cutting service and we had hoped that this offer would bridge the gap and provide an affordable service.

We continue to try to do our bit for the environment by 'Going Green'. Some of you may have received this newsletter by email already. Others of you that would prefer to receive news of our promotions and newsletters by email can do so by notifying us on: [enquiries@feet-first.org](mailto:enquiries@feet-first.org).

Well, summer is on its way and let's hope we get one this year after last year's wash out! It will soon be time to expose those toes and don your summer sandals. Many of you will have holidays planned so be prepared and book your appointment early to ensure you have beautiful and presentable feet.

I thought it would be appropriate to provide some pearls of wisdom for looking after your feet while on holiday so here goes:

### *Ideas for good foot health when travelling:*

1. Before travelling visit a podiatrist if you are experiencing any pain, problems, or discomfort with your feet or ankles. Foot pain is NOT normal.
2. To condition your feet and legs, begin a regular walking program wearing the shoes you plan to travel with – include inclines if your destination has hilly terrain – at least four weeks before your trip.
3. Review your travel itinerary and the activities planned to determine the kinds of shoes you will need (should pack)

4. Take a few pairs of supportive, comfortable shoes and plenty of appropriate socks so they can be changed frequently. Try not to take new shoes that have never been worn

5. When travelling periodically flex feet at the ankles, wiggle toes, unlace shoes if feet swell, keep legs uncrossed, and move around if possible (especially during airplane travel – get up and move around once for every hour on the plane).

6. Be prepared: in case of a minor foot problem, pack adhesive bandages, talcum powder, antibiotic or first aid cream, tweezers, and nail clippers in your toiletry bag.

7. If you injure your foot or ankle whilst away, seek professional attention from a podiatrist. People often assume that if a toe is broken, that it doesn't require immediate attention. That is not true. When travelling abroad, use the Internet and contact a FIP member association at [www.fipnet.org/](http://www.fipnet.org/).

8. Limit walking barefoot to safe, sandy beaches or close to the pool. Walking barefoot exposes feet to sunburn, as well as the plantar warts virus, athlete's foot and other infections.

9. Regularly apply sun screen to the tops of your feet.

10. Treat your feet well after a long day of sightseeing, shopping, or hiking: massage them and keep them elevated.

Jenney Klose

★ **Introduce a Friend to Feet First and receive a FREE foot file! (RRP 4.00)** ★

**Give this voucher to a friend who will validate your free gift on their first visit**

**I have been introduced to Feet First by:**

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★

# Summer Feet

It's that time of year when we start to think about exposing our feet to the world. It's not a thought that everyone relishes. Neglected feet in open sandals can make you feel ashamed of your feet and self-conscious. The best way to get your feet looking good is to file and moisturise on a regular basis. Using a double-sided paddle foot file gently over dry skin will reduce some of the hard skin and get rid of the flaky dry skin. Finishing with a good foot cream not only makes your skin look healthy but it feels good too – remember how hard your feet work!!

It's best to do this routine at the end of the day so the moisturiser can do its job overnight. A foot cream containing urea is the most hydrating for your feet as the urea draws moisture into the skin cells. Feet First has a range of excellent hydrating foot foams and emollients. Even after the first time of doing this routine you will notice a positive change in your feet.

A qualified podiatrist will remove any hard skin or painful corns safely.

Having a regular chiropody treatment not only makes your feet feel wonderful, but it can give you a sense of well-being and also give you a great incentive to keep up the routine at home. So, walk out with pride this summer!

**Jo Masterson**

## Reflexology

Reflexology is a simple, holistic, effective and natural therapy which focuses on the feet. Every part of the body has a reflex point on the feet. By applying a specialised massage technique to these reflex points it stimulates the body's own balancing and healing systems.

Our lifestyles are placing greater and greater pressures on our physical, emotional and mental well-being. Reflexology treats the whole body and allows not only the symptoms to be treated but also the cause.

The treatment is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. It is particularly effective for:

- ★ Back pain
- ★ Migraine
- ★ Infertility/PMT/Menopause/Pregnancy
- ★ Sleep disorders
- ★ Sports injuries
- ★ Stress
- ★ Asthma/Allergies
- ★ Digestive disorders
- ★ Poor immune system

Reflexology can be used to help restore and maintain the body's natural equilibrium.

**Kersti Dolphin**

## Physiotherapy

### Walks, Gardening, Sport, Losing Weight and getting Fit

As we move into what is hopefully a glorious summer many of you will be taking the opportunity to lose weight and/or get fit again. No matter what your age this is a great idea. Here are a few tips for avoiding injury:

- ★ Always start slow and gentle
- ★ Always prepare the body with a gentle stretch regime
- ★ If you want to go back to running or jogging start on a soft surface. Start by alternating a walk and run programme and progress to running.
- ★ If you already run make sure your shoes are not more than a year old.
- ★ If you are returning to the gym and enjoy using weights – do not do dead lifts until your back is much stronger. This way you will avoid vertebral disc damage.
- ★ If you have a history of knee problems

- avoid doing resisted stepping machines till your quads are stronger.
- ★ If you have any history of back problems or old injuries come and talk to us about what is safe for you to do.

Gardeners need to be very conscious of the strain placed on the back when bending down to attend to beds. If you have any weakness in your back you must get down to ground level. Of course this then places a strain on the cartilages of the knee so use a kneeling mat to soften the impact and get up regularly to relieve the joint. Any doubts come and see us for advice.

**Dr Delva Shamley**

## What's new . . .

### Massage therapies

Feet First are pleased to welcome **Evi Elvins** and **Claire Newall** and who are offering stress buster massages such as; Balinese, Swedish, Pregnancy and Remedial Sports therapy. Evi also offers manicures, pedicures and a range of other beauty treatments. Call us for more information.

### HOLISTIC THERAPY OPEN DAY JUNE 26th

Come and enjoy a free taster treatment

Indian Head Massage  
Reflexology  
Foot Massage  
Neck and Shoulder Massage

Refreshments will be provided

Call us to make an appointment as places will be limited

Please visit our website for further information regarding the therapies we offer, our opening hours and schedule of fees.

# Feet First

Podiatry & Holistic Health

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