

# Monthly Newsletter

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**Accepting new patients**

Contact Your Podiatrists

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## Cutting Toenails the Right Way

Regularly trimming your toenails is a crucial aspect of foot hygiene and health. Properly maintained toenails help prevent several common issues:

1. **Prevention of Ingrown Toenails:** Keeping toenails trimmed helps prevent them from growing into the skin, which would lead to swelling and infection.

2. **Reduced Risk of Infections:** Regular trimming minimizes the chances of dirt gathering under the nails. This helps you lower your risk of bacterial and fungal infections.

3. **Improved Comfort and Mobility:** Overgrown toenails can cause discomfort, especially when wearing shoes. Regular trimming ensures that nails do not press against the shoes, which can lead to pain or

discomfort while walking or exercising.

4. **Enhanced Appearance:** Well-maintained toenails contribute to the overall aesthetic of your feet, making them look clean and cared for.

### *How Should You Cut Toenails?*

Cutting toenails correctly is vital to avoid problems. Here are the steps to follow:

1. **Soften Your Nails:** Trim your toenails after showering to make them softer. Alternatively, soak your feet in warm water before cutting your nails.

2. **Use the Right Tools:** Use a pair of sharp, clean toenail clippers. Avoid using scissors or fingernail clippers, as they may not be strong enough for thicker toenails.



## Cutting Toenails the Right Way (Cont'd from previous page)

3. Cut Straight Across: Trim the nails straight across. Do not trim your nails excessively or in a curve around the corners, as this can lead to them growing into the skin.

4. File the Edges: Use a nail file or emery board to smooth any sharp or rough edges, which can prevent snags and tears.

5. Trim Regularly: Aim to trim your toenails every 4-6 weeks, depending on how fast

your nails grow. Regular maintenance helps prevent overgrowth and related issues.

For those with toenail complications such as fungus or ingrown nails, make sure to follow all instructions from your healthcare provider.

Often your healthcare provider will arrange steps, such as disinfecting or cleansing the area around your nails, prescribing topical or oral medication and discussing appropriate treatment or management.



### *Conclusion*

Properly cutting toenails is essential for maintaining foot health and preventing common problems. Regular trimming, using the right tools, and following the correct technique can ensure that your toenails remain healthy.

If you experience complications such as fungal infections or ingrown nails, visit us soon to get treated! ♦

## Volleyball

Indoor volleyball is a team sport involving two teams of six players each. Each team tries to send the ball over a net and ground it on the opponent's court while preventing the opponent from making the same effort. Players can touch the ball up to three times before it must be sent over to the other side.

This game requires agility, coordination, and teamwork. Originating in the United States in 1895, volleyball has grown into a global sport, played indoors and on beaches, and featured in the Olympic Games.



**Plantar Fasciitis:** Inflammation of the plantar fascia, a thick band of tissue located at the bottom of the foot. Patients with plantar fasciitis would experience heel pain.

**Stress Fractures:** Repeated high-impact activities can lead to small cracks in the bones of the feet, particularly in the metatarsals.

**Achilles Tendinitis:** Overuse can cause inflammation of the Achilles tendon, leading to stiffness and pain just behind the ankle.

**Blisters:** Ill-fitting shoes and excessive friction can result in blisters, common in volleyball due to the constant movement.

**Toenail Injuries:** Repeated trauma from sudden stops and starts can cause bruising or loss of toenails.

### *Possible Foot Injuries and Conditions*

Volleyball players are prone to various foot injuries and conditions due to the sport's demands for quick lateral movements, jumps, and rapid changes in direction.

Common foot injuries include:

**Ankle Sprains:** A frequent injury that could happen when players land awkwardly after a jump.

### *How to Protect Feet When Playing Volleyball*

Preventing foot injuries in volleyball involves a combination of proper equipment, conditioning, and preventive measures:

**Proper Footwear:** Invest in high-quality volleyball shoes that provide adequate support, cushioning, and traction. Ensure the shoes fit well.

**Warm-Up and Stretching:** Focus on the calves, Achilles tendon, and plantar fascia.

**Strength exercises:** Add foot and ankle strengthening exercises to your training routine. These can include calf raises, toe curls, and balance exercises.

## Volleyball (Cont'd from previous page)

**Foot Care Regimen:** Trim toenails to prevent injuries from jamming against the shoe. Also, regularly check your feet for blisters, calluses, or signs of stress and address them promptly.

**Use Orthotics:** Orthotic inserts can provide additional support and cushioning, especially for players with flat feet or high arches.

**Proper technique:** Learn and maintain proper playing techniques to minimize unnecessary stress on the feet. ♦

Would you be willing to write a Google review about your experience today? If so, please visit:



<https://goo.gl/rN1MEF>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list

### A Special Thank You to Marilyn Collett

As some of you may know Marilyn retired as our Senior Receptionist in August.

Marilyn had worked for The Footcare Centre and its predecessor for 27 years.

We will certainly miss her, and we wish her well in her retirement.



*The Care,  
Professionalism and  
Time that your feet  
deserve.*

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