

# Healthy Feet Podiatry

**|April is National Foot Health Month | Fishing for Foot Pain|  
|Vinegar Can Help Your Feet? | Apple Cider Vinegar Recipes  
|New Foot Product|**



## **April is National Foot Health Awareness Month! Here are three helpful foot tips.**

April is National Foot Health Awareness Month, and the doctors of Healthy Feet Podiatry would like to give you three tips to maintain healthy feet.

### **Tip #1 Always Check Your Feet**

Checking your feet on a daily basis can help reduce the risk of future foot problems. A two minute look at your feet may help to identify any areas that need to be treated by a podiatrist. Hard calluses on the feet can be a result of arthritic changes, progressive foot deformities, and also a variety of skin conditions. Foot pain is never normal, so if you discover a painful area be sure to have it looked at by our foot specialists.

### **Tip #2 Wear the Proper Shoes**

It is sometimes very difficult to find the right shoes. More often than not we spend multiple hours traveling from store to store in search of the perfect fit. The task of finding proper foot gear, should be performed at the end of the day, when your feet are most swollen. This ensures that you do not buy a shoe that is too tight after a day on your feet. Also, there is no such thing as a break in period for shoes. The shoes that you pick should be comfortable the minute you put them on. Finally use a shoe that is appropriate for the activity. Please do not walk or stand for long periods of time in flip flops.

### **Tip #3 Support your Aching Feet!**

A custom orthotic will help reduce the progression of foot deformities and will aid in preventing injuries. Orthotics accomplish this by preventing abnormal motions of the foot and ankle. Abnormal motions such as flattening of the arches or a inflexible big toe can be rectified with a custom orthotic. When buying shoes you should bring your custom orthotics so that you can ensure the shoe is a proper fit with the insert.





## Fishing for Foot Pain?

How to prevent pain and fatigue while fishing.

The single most effective treatment of painful feet is proper support. Custom orthotics take about 20 minutes to be made in the office and are dispensed to the patient the same day. This little miracle device helps to support the arch of the foot and prevents pain during those long hours of trying to catch the “big one”. Aching calves and shins can also be a problem that is easily preventable.

Standing on your feet not only places pressure on the structures of the foot but also increases swelling to the legs. Compression stockings/sleeves act to squeeze the swelling out of the legs and therefore reduce the aches and pains felt throughout the day. Flexibility of the muscles, tendons, and ligaments allows for



proper motion of the feet. Therefore, stretching of the calf muscles can help reduce the risk of tendonitis and foot pain very effectively. The picture to the right shows an example of a stretching technique and also a type of compression stocking. A device called a night splint (pictured to the left) can help to make your stretching routine easier by holding your foot in a stretched position while resting at home or on the boat. Just stretch out your legs, apply the splint, and let the device do all the work. The night splint is available through your Healthy Feet podiatrists today. Do not let foot pain interfere with achieving your bag limit. Make an appointment today to see the doctors of Healthy Feet Podiatry and we'll keep you pain free out on the water!



Night Splint

## Apple Cider Vinegar Can Help Your Feet!

Apple cider vinegar (ACV) can help to maintain healthy feet and prevent inflammation. For years this natural remedy has been used for all sorts of ailments. From acne to acid reflux, this home remedy can also be very effective in curing fungal toe nails and athlete's foot. ACV is effective against the causative fungus and bacteria that results in thicken, discolored nails, and itchy/smelly feet. At Healthy Feet podiatry we believe in the use of natural and wholistic treatments of the body but we also know that certain medications such as Clear Nails Pro in combination with these homeopathic remedies can increase the efficacy in treating fungal toe nails. ACV can also be taken orally in order to help reduce inflammation of the entire body. It does this by regulating the pH of the gut thereby improving overall digestion. I personally take ACV in the morning as a breakfast drink to get my day started off right. I also soak my feet in an ACV mixture for 30 minutes weekly in order to prevent fungal skin and nails. Below are some recipes to help with calluses, fungal nails, and scaly skin of the feet.



## Apple Cider Vinegar Recipes

### Lemon Detox Drink

- 2 tablespoons of Apple Cider Vinegar (Bragg)
- 1 freshly squeezed lemon
- 2 tablespoons of honey
- 1/2 cup of water (dilute to desired taste)

### Foot Soaking Mixture

- 1 cup of apple cider vinegar
  - 1 capful of Listerine (I prefer the mint flavor)
- Use a small foot tub and fill it 2/3 full of warm water. Then add the rest of the ingredients. Soak for at least 30 minutes and rinse thoroughly with fresh water. Then use a foot scrubber to get rid of all the hard/scaly skin.



**If you have allergies to any of these ingredients please do not use these recipes and consult your physician immediately.**

**NEW**

## Keryflex Nail Restoration System

At Healthy Feet Podiatry we strive to be on the cutting edge of medicine and therefore are constantly looking for new solutions to common foot problems. The Keryflex nail restoration system is exactly that. This new product can improve the look of your "ugly" toe nails in a matter of minutes. The certified provider completes all the necessary steps during the treatment and you will leave the office very happy with picture perfect toe nails. Please make an appointment today to learn more about this painless nail restoration system. You are only one phone call away from having beautiful toenails for the summer season!

