

# Putting our best foot forwards

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# Summary

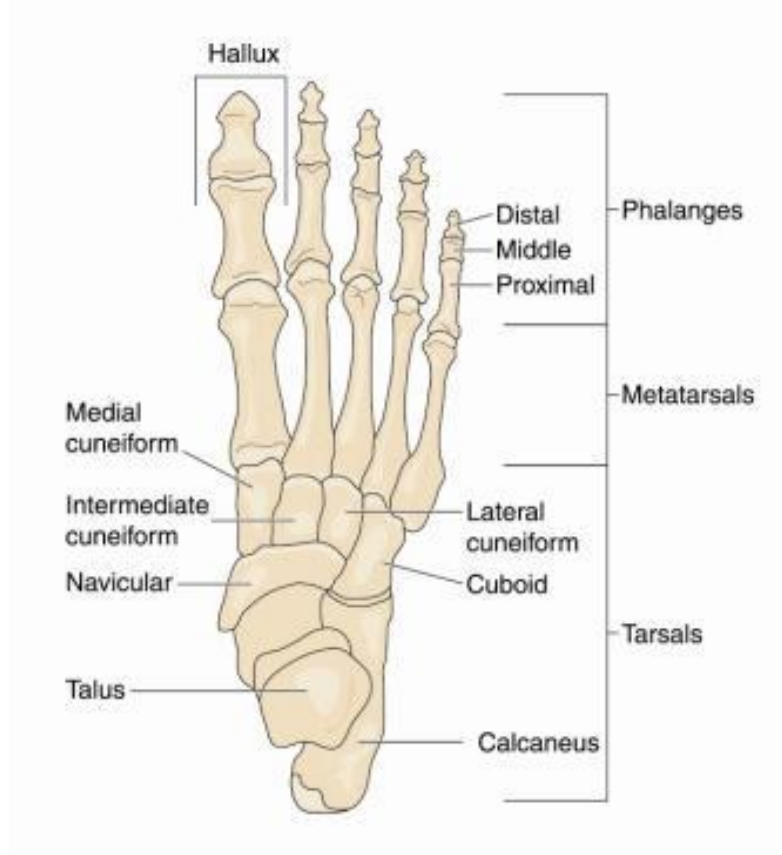
- Our musculoskeletal system
- Circulation
- Skin & nail care
- Shoes
- Insoles





# Foot bones & muscles

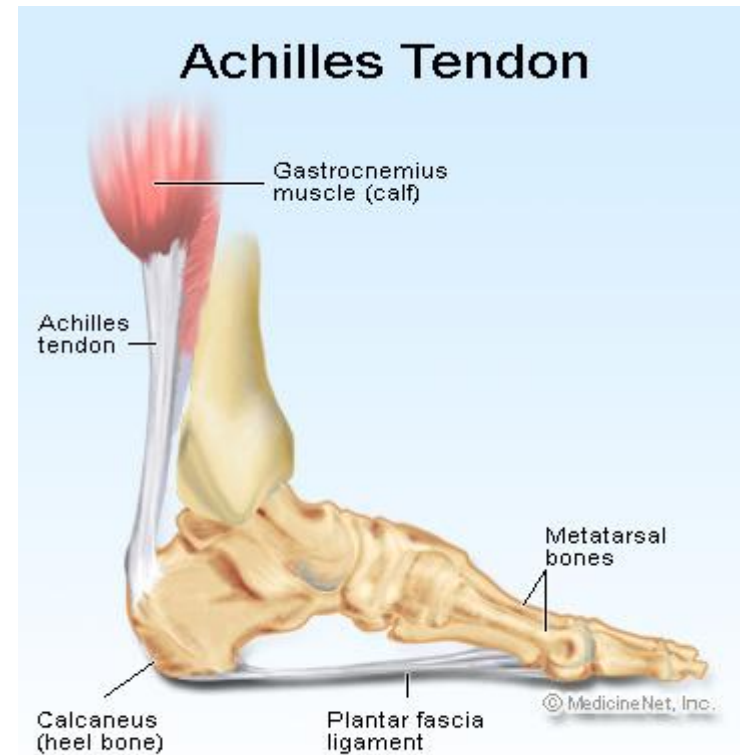
➤ *26 bones, 33 joints & more than 100 muscles!*



wiseGEEK

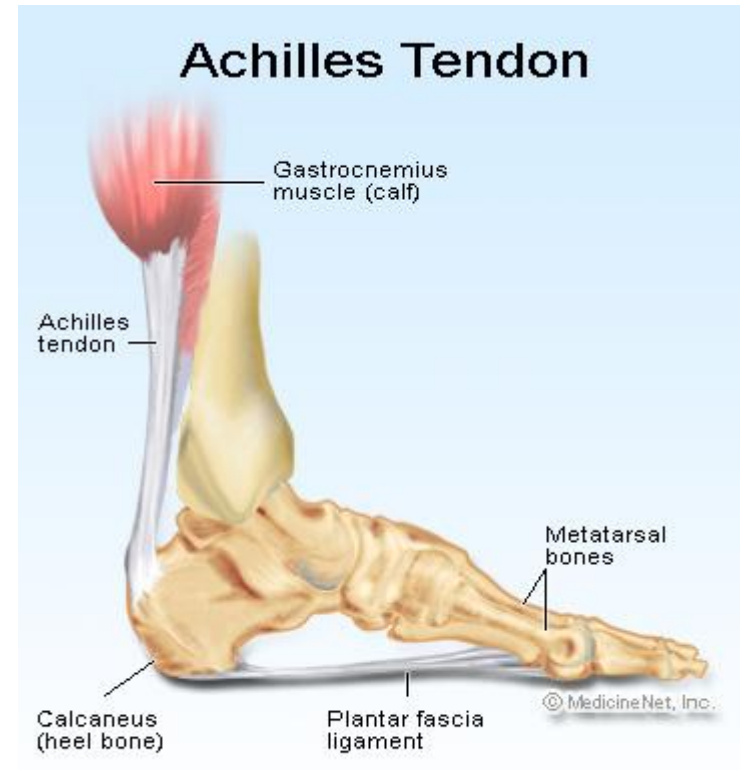
# Enthesitis

- Enthesis = where tissues stick to bone
- ‘...itis’ = inflammation
- Lots of sticking points in the foot
  - Achilles tendon (back of heel)
  - Plantar fascia (under the heel)
- Areas that have good blood supply

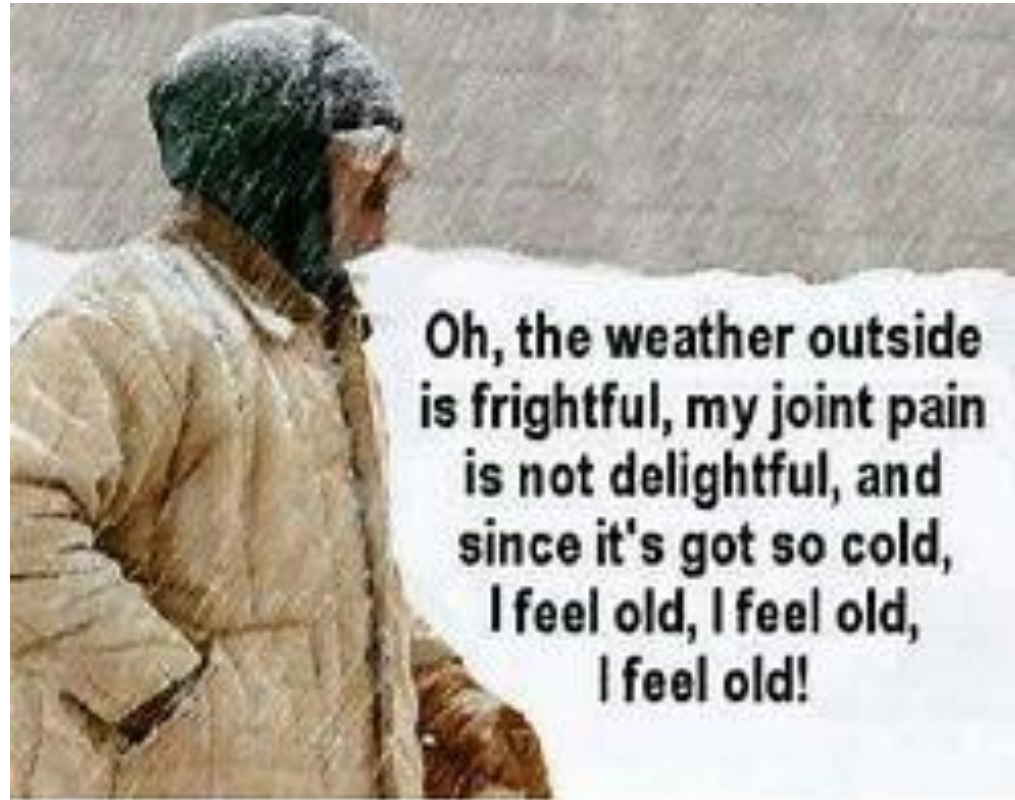


# Check list

- Stretching
- Pacing
- Activity modification
- Hot/cold therapy
- Anti-inflammatory gels
- Footwear
- Over the counter insoles
- Heel raises
- Strapping
- Braces or elasticated supports
  
- Laser Therapy
- Extra-corporeal Shockwave therapy
- Actisound therapy
- Custom insoles
  
- Complex pain



On your marks...  
Get set...  
Go!





# Movement & circulation





# Improving circulation



# Skin health

- Dry skin
- Cracked heels
- Callus
- Corns
- Verrucae
- Fungal skin infection



# Arthritis & our skin or nails



Inflammation



'Lifting'



Hard skin



Infection

# Not always helpful



# Footwear

- Fastening
- Heel height
- Purpose





# Shoe fitting

**Cosyfeet**<sup>®</sup>  
extra roomy

hotter<sup>®</sup>



**Clarks**  
SHOEMAKERS since 1825

- Size guides
- Width/  
depth/  
length?
- Shape
- Fitting help



Shoes should fit comfortably

Avoid poor-fitting shoes



ADAM.



# Insoles





# Summary

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