



Ahh Don't You Love Winter.....

I am not a big fan of winter, and while you are reading this, I have escaped to the northern hemisphere for 3 weeks to avoid it!

The big problems most people suffer from in winter (apart from the cold), is drying out of their skin, due to low humidity and the effects of heating, and corns and ingrown toenails. So why the corns and ingrown toenails? It is because people prone for these problems are now permanently in

closed in shoes, and the pressure of the upper of the shoe will aggravate these conditions.

So the solution? Moisturise daily, stop using soap, and try a mild body wash that is used for people with eczema (like QV bath oil), and wear shoes with a high toe box. Or, you could just call us for an appointment, and we could fix those problems in a jiffy!

Take care, Narelle ☺

Footy Season Is Here And So Is Turf Toe (Part 1)

Turf toes is a condition suffered primarily by high impact athletes, and one of the most common football injuries (whatever the code).

Turf toes is a sprain of the big toe; specifically, the joint that connects the first toes to the foot. The amount of big toe pain varies according to the degree of injury sustained.

Depending on the severity, swelling and bruising of the toe joint could be symptoms of the condition.

In more technical terms, turf toe is a bruise that occurs at the base of the big toe joint called the metatarsophalangeal joint (say that quickly 3 times).

It happens from jamming the toe, or from bending the toe too far backwards. It causes lots of pain and can cause swelling of the toe.

Athletes: Turf toe can sideline an athlete. Long term issues with turf toe include arthritis. This can reduce the flexibility and mobility of the toe. For athletes whose big pay packets depend on their bodies, turf toe can be a huge problem. For the rest of us, although painful, turf toe can generally be treated successfully.

Origins: Turf toe's name is derived from the original artificial grass turf – a hard material that made the injury more likely to occur.

Weird Facts

- Professional ballerinas use about twelve pairs of toes shoes per week.
- The name Wendy was made up for the book Peter Pan. There was never a recorded Wendy before.
- Even though they broke up over 40 years ago, the Beatles continue to sell more records each year than the Rolling Stones.

"It does not matter how slowly you go as long as you do not stop."

Confucius





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Footy Season Is Here And So Is Turf Toe (Part 2)



(Continued from page 1) Turf toes is caused by contact that forces the toe upward beyond its normal range of motion. It happens when the big toe is flexed forcibly during person-to-person contact, jammed by 'stopping on a dime' or when the joint carries up to eight times a person's body weight, most commonly is a person burst out of a dead stop.

Treatment: The initial treatment for any degree of turf toe is the RICE method: rest, ice, compression and elevation. Based on the injury level, categorised is one, two and three. Treatment varies after the initial RICE treatment. If RICE is not enough, taping, steel toe inserts, crutches or gentle motion exercises can help. In extreme cases, minor surgery may be necessary.

Prevention: You can prevent turf toe easily by stabilising your big toe. Wear stiff-soled shoes, the stiffer the better. Steel toe inserts prevent the toe from moving outside its range of motion. Football trainers will frequently tape the toes in a position that does not allow it to bend too far backwards. Prevention is key, as an incidence of turf toe usually results in a recurring problem.

Managing Turf Toe Injury: Once turf toe is sustained, it never really goes away. Fortunately, turf toe is relatively easy to manage despite its lingering nature. With proper management, most players return close to full strength, and in relative comfort.

Turf toe can become an arthritic condition. After the first occurrence, the best possible situation is playing symptom free. Once the injury site is properly stabilised, the only drawback is a slightly smaller range of motion.

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