



Thank Your Mum!

Well the weather has finally turned, and we can now sleep at night, which is wonderful, I never thought I would look forward to cold weather!

This month it is all about your Mum, with Mother's Day just around the corner, I thought we should do an article about the effects of pregnancy on your feet.

I think Mother's day you should also reflect on how wonderful your Mum is, and to

thank her for the unconditional love she has given you all your life. You really don't appreciate this until you have children of your own.

By the way, we have gift vouchers that would make a great present for the Mum who has everything!

So to all those Mum's out there, Happy Mother's Day, Narelle 😊

What You Need To Know About Your Feet During Pregnancy

Pregnancy is a joyous time in a woman's life and her body will go through changes, including changes to her feet. That is why a pregnant woman must take care of her foot health a little differently.

It's amazing how a body changes during pregnancy. For instance, did you know that a pregnant woman's feet become wider and longer because her ligaments become more easily stretched to prepare for childbirth?

Oedema

Oedema, or swelling, can be caused by the excess blood and fluids your body produces for pregnancy and from the baby compressing the blood vessels. Oedema in the feet and ankles can

make it uncomfortable to perform simple tasks such as walking and standing. How can you keep swelling down and your feet feeling good throughout your pregnancy?

- Wear supportive shoes, orthotics, and compression stockings. Comfortable footwear and the right orthotics offer much needed arch support and help distribute weight more evenly, while compression stockings can help with the swelling.
- Exercise. The more active you are, the more blood flows out of your feet and ankles and into the rest of your body. Is painful swelling already making exercise difficult? Try exercises that don't put too much stress on your feet, like elliptical training.

Weird Facts

- If laid out in a straight line, the average adult's circulatory system would be long enough to circle Earth two and a half times.
- Scientists have found chocolate has a chemical that helps counteract depression
- If you keep a goldfish in a dark room, it will eventually turn white.

"You can't cross the sea merely by standing and staring at the water."

Rabindranath Tagore





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one goal, which is to
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What You Need To Know About Your Feet During Pregnancy (2)



- Cut back on the salt and drink plenty of water. You are what you eat, and small changes in your diet can make big improvements. Salt can cause your body to retain excess fluids, while drinking plenty of water can flush out excess fluid.
- Put your feet up. Let's face it, pregnancy can be tiring, and you've earned some R&R! When you're taking a break, try elevating your feet as well. This can help reduce that unwanted swelling.
- Know your limits. No one knows your body better than you. Trust your instincts, and when you feel that you're overdoing it, don't be afraid to take it easy.

Over Pronation

Pronation is the normal flexible motion and flattening of the arch of the foot that allows it to adapt to ground surfaces and absorb shock in the normal walking pattern. Over pronation, common in pregnancy occurs when the increased weight of carrying your baby stresses the feet and flattens the arches, causing feet to roll in.

- Monitor your weight. Added weight is the most likely cause of over pronation. Do your best to follow your doctor's guidelines for how much weight you should gain throughout the pregnancy
- Stick to shoes with thicker soles and plenty of cushioning. With extra weight and pressure on your feet for 9 months you need a shoe that provides support and cushioning.



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