



Farewell Tina!

Well the end of the year is certainly picking up steam, Christmas is closer than we think!!

If you don't follow us on Facebook, you missed some wonderful videos I did for Foot Health Week, ok, they were not brilliant but what can you expect from a novice! But, the information was good, so if you click on over to Facebook and look for Sutherland Podiatry, you will have a chuckle.

Sadly the end of last month we saw Tina Dang leave our podiatry team for

other adventures. Tina has been our silent achiever over the past 3 years, and we are going to miss her greatly. But we do wish her all the best for the future.

On another note, as Christmas is coming up quickly, I hope you all have booked in for December, as we are only open for 3 weeks, and have limited slots available. And who doesn't want great looking feet for the holiday season!!

Until next time, take care,
Narelle ☺

Neuroma? (Part 1)

Have you ever had a pain in the ball of your foot? Specially between your 3rd and 4th toes? You may have a Morton's neuroma.

A Morton's neuroma is where there is an extra growth around the nerve, like a small tumour has occurred.

This condition is very painful, categorized by tingling in the toe, pain, difficulty in performing regular activities and even a numb foot in some cases.

Morton's neuroma is more common in women as compared to men. Most

people report that their pain is usually minimized if that start massaging or rubbing the foot, stop walking and remove their shoes.

Home-based care

This tumour may be a benign one, however, there are still risks to be aware of. Here are some remedies that can help alleviate the pain:

1. For immediate relief, use an ice pack on the affected area, because the ice pack will numb the nerves for a while and reduce

Weird Facts

- A blue whale tongue weighs more than an elephant
- Rubber bands last longer when refrigerated.
- The longest one-syllable word in the English language is 'screched'.

"You can't stop the waves, but you can learn to surf."

Unknown





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"At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!"

Neuroma (Part 2)



the pain.

2. Some under sole pads are also available in the market that are helpful in reducing pain associated with neuroma.
3. In order to avoid or reduce pain, always wear comfortable shoes, with enough space for your toes to wiggle. Make sure that you can move your feet properly.
4. Sometimes the pain from neuromas may be exaggerated due to tight shoes, with thin soles. This is due to the extra pressure on affected nerves. Select shoes that are wide and have extra rubber in the sole.
5. Avoid high-heeled shoes, as the heel height will exert greater pressure on the affected area, leading to increased pain.

How can neuroma be treated?

Treatment options depend upon severity of the disease and tolerance of a person. However, in most cases, patients only need to change their shoes and take extra precautions.

In severe cases of neuroma, medication is prescribed and sometimes surgery may also be performed, depending on the growth of the nerve cells.

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