

News : Updated NICE guidelines say exercise should be a 'core treatment' for osteoarthritis

The advice is part of updated clinical guidelines titled *Osteoarthritis: care and management in adults (CG177)*, which provide evidence-based recommendations on the most effective ways of diagnosing and managing osteoarthritis in England and Wales.

The recommendations include:

- advising patients to participate in exercise as a 'core treatment'
- offering weight loss interventions for patients who are obese or overweight
- providing patients with holistic assessments

CSP chief executive Karen Middleton said the guidelines should help challenge the commonly held perception that 'nothing can be done' about osteoarthritis.

'Physiotherapists provide effective treatment for the symptoms of osteoarthritis and deliver expert advice on physical activity and weight-management strategies,' said Ms Middleton.

'NICE has recognised how important this is for the day-to-day management of the condition and the positive impact it has on patients' quality of life.

'We can do better for people with this condition. It is now important that NHS commissioners provide access to the right services to make that happen.'

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VILLAGE CLINIC COLUMN

Welcome to The Village Clinic Column - Our Clinic Newsletter

WOW YOUR FRIENDS WITH THESE FOOT FACTS



- A quarter of all the body's bones are in the feet (There are 52 bones in a pair of feet).
- When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.
- In a pair of feet, there are approximately 250,000 sweat glands
- The first foot coverings were probably animal skins, which Stone Age peoples in northern Europe and Asia tied around their ankles in cold weather.
- Cigarette smoking is the biggest cause of Peripheral Vascular Disease (disease of the arteries of the feet and legs) which often leads to pain on walking, ulceration, infection and in the most severe cases - gangrene and possible amputation.
- A human foot & ankle is a strong, mechanical structure that contain 26 bones, 33 joints, and more than 100 muscles, tendons & ligaments.
- During an average day of walking, the total forces on your feet can total hundreds of tons, equivalent to an average of a fully loaded cement truck.
- Butterflies taste with their feet, gannets incubate eggs under their webbed feet and elephants use their feet to hear – they pick up vibrations of the earth through their soles.
- Only a small percentage of the population is born with foot problems.
- Women have about four times as many foot problems as men. High heels are partly to blame.

HOLIDAY FEET AND DIABETES

by Preena Patel



It's that time of year again when we all think about booking our summer holidays and after all the rain that we have had, who would blame you!

How about getting your feet ready for your summer holiday...

Diabetes is a lifelong condition which can cause foot problems because of damage to the nerves and blood vessels supplying the feet. Mainly

Neuropathy

Circulation (Ischaemia)

These changes can be gradual so you may not notice them straight away, which is why it is important to check your feet daily, especially on holiday as you may be more active than usual.

Advice on keeping your feet healthy

The journey: long journeys can make your feet swell. Try to walk every 30-60 minutes if possible. Just a short walk is fine. This will keep the circulation moving and keep swelling down. Feet also swell in the heat, so make sure your shoes and socks are not too tight.

Check your feet every day: you should be doing a visual check of your feet every day for any blisters, breaks in the skin, pain or any signs of infections such as redness and swelling. If you notice any of these, cover the site as best you can with a dressing and seek medical advice.

Summer holiday check list

Passport	✓
Tickets	✓
Currency	✓
Sun glasses	✓
Sun cream	✓
Suitcase	✓
Medications	✓
FEET???	

Minor cuts and blisters: take a small first aid kit with sterile gauze, tape and simple dressings, that way if you do get a cut you can cover it ASAP.

Wash your feet every day: wash your feet daily in warm water with mild soap. Rinse them thoroughly and check in between toes.

Avoid walking bare foot: as best as you can ALWAYS have something on your feet even on the beach. As sand can get very hot and burn the skin if you have loss of sensation you may not be able to feel this. Try to wear something on your feet in the sea to protect your feet.

Moisture your feet every day: Diabetes can make the skin especially on the feet dry and prone to cracking. Apply cream at least once a day but avoid putting it between the toes.

Footwear: try to avoid flip flops as they can cause blisters in between toes. Instead go for sandals with straps or Velcro.

Avoid high and low temperatures: protect your feet from sunburn with a high factor protection cream (factor 30+). Avoid dark coloured material on the feet as they absorb heat and could burn your feet.

HAPPY FEET WILL HELP YOU ENJOY YOUR HOLIDAY!

Even if you are not diabetic the above advice is good advice.

So book your Podiatry appointment today and get those feet ready for your summer holiday ☺