

FOR THE LOVE OF YOUR FEET

As the summer arrives in its full glory we give our feet a rest from sturdy winter boots and start wearing lighter shoes, sandals and flip flops.

The average person walks, in a life time, over 75,000 miles; it is therefore not surprising that our feet develop problems and pain at some stage. It is a well researched fact that poor fitting shoes are a significant cause of pain and disability.

Here are some key tips and recommendations for choosing summer shoes.

Firstly it is important to recognise that some small changes in style, fit and design of footwear can make a big difference.

Stability

The greater the contact between the foot and the shoe, the more support the foot is given. Choose shoes that have an arch support for stability and cushioning.



Stability of the footwear is very important. Wear sandals with adjustable fasteners, the wider the straps the better the stability.

Steady walk

Avoid canvas ballerina style shoes as these stretch and deform quickly.



As a result you end up gripping the shoes with your toes, leading to foot muscle fatigue and altered gait. This in turn contributes to the development of hip and knee problems and commonly to back ache.

Stay away from backless/strapless high heels and platform shoes. High heels are the major culprit when it comes to the development of painful and unsightly bunions (halluxes).



High heels cause the shortening and weakening of the calf muscles resulting in Achilles tendinitis, knee overstrain and problems with your back. Weakened and shortened muscles render your ankle unsteady, therefore you will be more likely to strain, sprain or even tear the ankle ligaments if you slip or trip over.

Quality

Avoid synthetic materials. These often cause blisters. Instead choose a shoe made of quality leather. Avoiding cheap materials will reduce skin irritation and chaffing.

Don't walk long distances in flimsy flip flops or sandals, especially if you are prone to foot and ankle pain!



Always make sure that your foot isn't longer than the sandal or flip flop. This will reduce the chances of tripping and stubbing your toes!

Throw away worn and damaged flip flop and sandals to avoid trips and falls.



Caring for your feet

Most foot and ankle problems are associated with dropped arches.

2 EASY EXERCISES

1. This simple exercise will maintain your arches and will restore your dropped arches.

Sit comfortably with your back supported. Place a small towel, face cloth or a handkerchief on the floor and try to pick it up with your toes. Curl your toes, don't cheat and grab the towel between your toes. Repeat 5 times twice daily, you will see the results in just few weeks.



2. Walk barefoot as much as you can - indoors, in the garden, on the beach. Walking on sand is by far most effective.

OSTEOPATHY AND PODIATRY



Osteopaths will treat pain and discomfort caused by mechanical problems and direct or indirect injury.

For general foot health - come to see our Podiatrist, Kirsty Shuttleworth.

Our Podiatry services, which run on Monday mornings include:

- Foot Health Check
- Routine Chiropody
- Simple Nail Care
- Nail Surgery
- Gait Analysis
- Orthotics
- MediPedi
- Paraffin Wax Therapy

For appointments ring 01484 424329

SHIATSU

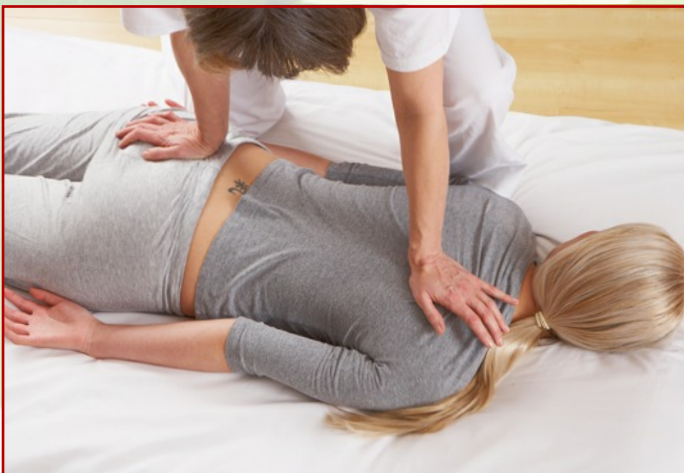
A little bit of Orient in Huddersfield

Getting a massage is one of those things that everyone should experience. If you have had one before, you know just how good they make you feel.

And what better way to start than with a session of **Shiatsu**, which in Japanese means finger pressure, a term coined by Tokujiro Namikoshi-Sensei, who miraculously healed his mother from rheumatism in 1912.

It is a hands-on technique used as a complement to conventional medicine and as a preventive, alternative therapy.

Shiatsu works by stimulating the body's vital energy flow to promote good health.



Physically, this has the effect of stimulating the circulation and the flow of lymphatic fluid, helping to release toxins and deep seated tension from the muscles and stimulating the hormone system.

On a more subtle level, **Shiatsu** allows the recipient to relax deeply and get in touch with their own body's healing abilities.

A recent six-month study found that following regular Shiatsu treatment, patients experienced significant improvements in stress and energy levels, and in problems with muscles and joints. They were more aware of their body and better able to relax overall.

It has also been endorsed by TV doctor Hilary Jones, who said:

'I believe that modern medicine and complementary therapies can often work together to achieve the best results for patients.'

This is how John Beaumont, one of our patients, describes his **Shiatsu** session with Shane, our Shiatsu Practitioner.

It started with a brief consultation. Shane ran through my medical history and asked if I had any areas of concern. I mentioned my frequent headaches.

Shiatsu massages are always done through loose clothing. I lay back on the futon, my ears filled with Eastern meditation music, a faint smell of incense in the air and Shane began his gentle prodding.

He started with my stomach, pausing to listen to my breathing, before moving to other areas.

He then used his body weight to apply the right amount of finger pressure.

Shiatsu technique is said to influence the energy flow in various channels called meridians, which can be accessed from various external points of the body.

The Shiatsu session was extremely gentle and a million miles away from a deep-tissue Swedish massage.

As a result, I didn't walk out like I'd been on the wrong end of a punch up and instead felt extremely relaxed.

The headache I arrived with had gone and my breathing was much more settled.

Shiatsu has a strong reputation for reducing stress and relieving nausea and vomiting. It is also believed to improve circulation and boost the immune system.

Some people receive it to treat diarrhoea, indigestion, constipation and other disorders of the gastrointestinal tract, menstrual and menopausal problems, chronic pain, migraines, arthritis, toothache, anxiety and depression.

Shiatsu relieves muscular pain or tension, especially in the neck and back. It also appears to have the sedative effects and may alleviate insomnia.

In a broader sense **Shiatsu** is believed to enhance physical vitality and emotional well being.

**Shiatsu is available on Tuesdays and Thursdays
To make an appointment ring 01484 424 329**

