

EMPLOYEE HEALTH SOLUTIONS

FOOT HEALTH

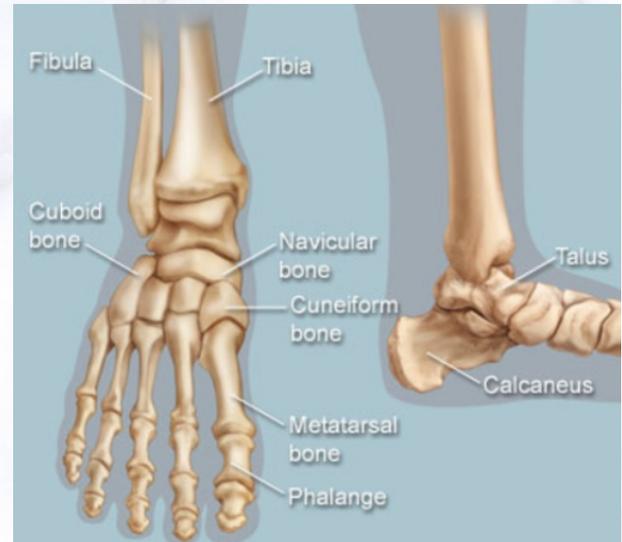
EDUCATE. MOTIVATE. REWARD

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The Importance of Foot Health

Anatomy of the Foot

- Flexible structure composed of bones, muscles, joints and soft tissues
- Responsible for allowing us to stand upright and perform activities such as walking and jumping
- Three sections of the foot:
- The forefoot contains the five toes (phalanges) and five longer bones (metatarsals)
- The mid-foot contains three cuneiform bones, a cuboid bone, and a navicular bone which form a pyramid like structure that arches the foot
- The hind-foot contains the talus which supports the tibia and fibula, and the calcaneus which is the heel bone
- Muscles, tendons and ligaments run along the surfaces of the feet allowing movement and balance.



File toenails straight across



Check for dry, cracked skin



Wash daily



Dry well especially between toes



Feel for bumps or temperature changes



Look between toes; check each toenail

Why Prioritize Foot Health?

- Foot health allows one to be more self-sufficient which improves quality of life, can increase productivity and can increase physical activity.
- Improving foot health reduces the risk of disease such as heart disease and diabetes
- Foot health in diabetics is very important
- Prevent loss of mobility
- Prevent musculoskeletal issues related to pain in the foot and ankle
- Prevent osteoarthritis and tendonitis which can affect work

Preventing Lower Limb Pain

Orthotics

- Shoes that fit well are important especially for those that are physically active and those with diabetes
- Orthotics are inserts fitted into the shoe that can help reduce or redistribute pressure in the foot and provide support for correct foot function



Poor Foot Health Can Cause Hip and Knee Pain

- Improper foot health can lead to favouring of one side of the foot and improper gait
- This can lead to poor posture and may lead to other joint conditions of the knee and hip.
- Poor walking habits can cause or exacerbate knee and hip problems
- Hip and knee pain can result from types of arthritis, foot injuries, nerve issues or alignment issues.

Example

- E.g. Condition of the big toe
- If you have a stiff big toe as a result of a foot condition (gout, rheumatoid or osteoarthritis) and it is painful you will tend to avoid using it by walking on the outside of the foot. This would cause stress on the outside of the knee and hip.

What is a Podiatrist

- Podiatrists are orthopaedic footwear experts trained in postural analysis, movement patterns, and musculoskeletal examination
- They focus on lower limb anatomy, muscle and joint function, as well as the interaction of the foot and the lower limbs
- They have specialized training in orthotics and footwear and aim to help alleviate abnormalities, and conditions of the lower limbs and feet
- They modify footwear for clients to maintain or regain mobility of the foot
- They provide footwear prescriptions and like any other prescription they take into account medical history, activities of daily living and treatment goals

Healthy Habits, Healthy Feet

Lifestyle Changes to Improve Foot Health

- Our habits contribute to many important roles in overall health and can affect our foot health. Through regular exercise, healthy nutrition choices and practicing good hygiene there are many ways to keep feet healthy.



Exercise for Foot Health

- Strengthen feet to alleviate soreness and improve overall health and flexibility.
- Most exercises are simple and do not require complicated equipment.
- Stretching the feet and ankles strengthens muscles to improve support and range of motion of the foot.

Examples

- **Toe Splay**
 - Sit in chair with feet flat on ground, spread toes apart as far as possible, hold for 5 seconds
- **Toe Curls**
 - Sit in chair with feet flat on a towel, try and grasp the towel between the toes and pull towards oneself

Nutrition for Foot Health

- Foot issues can arise from health complications where the risk can be reduced through a healthy diet.
- A healthy diet rich in foods with anti-inflammatory properties can be beneficial.
- Foods rich in B vitamins can promote good nerve health and neuropathy.
- Sufficient calcium and vitamin D to increase bone health and reduce the risk of fracture.

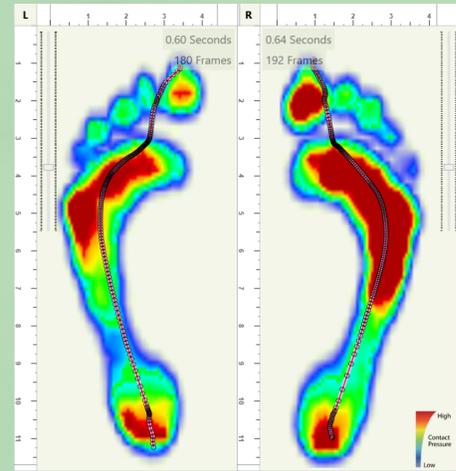
Examples

- **Anti-inflammatory**
 - Tomatoes, Fatty fish (High in Omega 3), Nuts (Almonds, walnuts), Olive oil.
- **Vitamin B Sources**
 - Beef, Liver, Salmon, Eggs, Sardines, Leafy greens.
- **Calcium and Vitamin Sources**
 - Dairy products (Milk, Cheese, Yogurt). Fatty fish (High in Omega 3), Beans and Legumes.

What We Can Do

Get A Gait Scan

- Visit our Functional Movement Screening room and get a comprehensive gait scan which can identify your foot's movement while walking
- Speak with one of our experts on your gait cycle to understand if orthotics might be for you
- Receive personalized and in-depth comparisons and analyses to optimal foot health



Are Orthotics for you?

- Following your gait scan, get fitted for customized orthotics, right for your feet
- Discuss with our experts on problematic areas, and what your foot needs

Train With Us

- Work with one of our kinesiology graduated trainers to get personalized programming for increased strength and mobility in the entire lower limb

Eat With Us

- Get one of a kind, nutritional advice from our registered dietician and nutritionists to help you with your journey in feeling and moving better
- Reduce inflammation, promote nerve health, and increase bone density with your diet alone!

Learn With Us!

- Attend our webinars/lunch and learns to receive the most current and proven information from our experts on health and fitness!

Resources

- <https://www.webmd.com/pain-management/picture-of-the-feet#1>
- <https://se-ortho.com/foot-care-important/>
- <https://www.pharmaceutical-journal.com/publications/supplements/focus-foot-health/a-strong-base-the-importance-of-foot-health/20203182.article?firstPass=false>
- <https://www.pedorthic.ca/insurance-providers/the-role-of-a-pedorthist/>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gout-diet/art-20048524>
- https://www.healthline.com/nutrition/vitamin-b-foods#TOC_TITLE_HDR_17
- <https://www.medicalnewstoday.com/articles/320964#strength>
- <https://www.foot.com/how-what-you-eat-can-affect-your-foot-health/>