

INSIDE THIS
ISSUE:

Spring into the
Season with Fabu-
lous Feet!

Wear Safe Sandals
and Flip Flops

We take care of your feet....so they'll take care of you!

Foot & Ankle Centers

SPRING INTO THE SEASON WITH FABULOUS FEET!

Spring is here! It's that time of year when boots and closed-toed shoes go into hibernation and the feet get their first peek at the new season. To some, unveiling the feet after a long cold winter stuck inside of heavy socks and shoes, is a little daunting. Whether it's dry, flaky skin from lack of moisture, discolored toenails, or pesky corns and calluses, the feet can suffer from being cooped up during the winter months. Luckily, a little pre-debut pampering can go a long way and may be just what the doctor ordered.

"Pampering the feet promotes good hygiene and will alert you to any problem areas that may need treatment from a podiatrist before slipping into sandals this spring," said APMA member podiatrist, Crystal Holmes, DPM. To get the season



started off on the right foot, the American Podiatric Medical Association recommends the following ten do-it-yourself tips that will help you confidently slip your feet into the hottest sandal styles of the season.

1. Soak the feet with warm water for at least 10 minutes. **Footnote:** APMA recommends adding Epsom salt, herbal soaks or oils for additional relaxation.
2. Remove thickened, dead skin build up (also known as calluses) around the presoaked heels, balls and sides of the feet with a pumice stone or foot file. **Footnote:** APMA advises not using a razor because it removes too much skin and can easily cause infection or permanent damage to the skin if used incorrectly.
3. Use an exfoliating scrub on the soles, sides and tops of the feet to eliminate dry, flaky winter skin. **Footnote:** Try Pedinol's Hydrisalic Gel, which holds the APMA Seal of Approval.

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Wear Safe Sandals and Flip Flops

"During the warmer months of the year, many podiatrists treat a greater number of foot problems that can be traced back to wearing flip-flops," said Michael King, DPM, president of APMA.

"However, people don't have to give up wearing this type of footwear altogether. There are certain types of flip-flops that offer a superior amount of stability and support than others."

Looking to avoid a flip-flop fiasco? View the video on our website under Media "Did you Know" for a list of helpful flip-flop tips.

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FABULOUS FEET CONTINUED . . .

4. Apply and massage a healthy amount of emollient-enriched skin lotion all over your feet to hydrate the skin and increase circulation. **Footnote:** Remove any excess moisturizer from the toenails and in between toes as this can be a bastion for bacteria. Try AmLactin moisturizing cream, which holds the APMA Seal of Approval.

5. Clip toenails with a straight edge toenail clipper to just above the top of each toe to ensure nails do not become curved or rounded in the corners. **Footnote:** Try using Sole Savior's SOS Safe Salon PedicureKit, which holds the APMA Seal of Acceptance.

6. Before bed, very lightly wrap cellophane around your entire foot. The cellophane will act as a makeshift sauna by locking in moisture.



7. Apply nail polish to the toenails only if the nail is healthy. Remove polish regularly to let the nail bed breathe.

8. Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, particularly between the toes.

9. If any skin or nail conditions exist, see a podiatrist for a medical diagnosis.

10. Inspect your sandals or flip-flops from the previous year. Discard any that appear too worn.

Having trouble reaching your feet? Thick toenails? Hectic day? Just want to be pampered? Schedule an appointment in our Spa TODAY! Let us do the work for you...

SAFE SANDALS & FLIP FLOPS CONTINUED . . .

The following sandals and flip flops manufacturer's have been awarded the American Podiatric Medical Association's Seal of Acceptance.

Chaco, Inc.

The Clarks Company, N.A.

Dansko, LLC

Dr. Comfort

The Keds Corporation, dba Grasshoppers

Orthaheel (Vasyli)

Reebok International Ltd.

Reef

Salomon USA

See Kai Run

SOLE

Spenco Medical Corp.

Stride Rite Childrens Group

The Walking Company

Wolky

For a detailed style list from each manufacturer contact us at questions@nmfootandankle.com

We carry



and

orthaheel

sandals in our Store. Ask for details...

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