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# PREMIER PODIATRY SERVICES

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## Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights! For any enquiries regarding foot care or injuries, do feel free to contact Premier Podiatry Services (see details at the top). Thanks for your support!

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## Ingrown Toenails

Ingrown toenails are usually common in the big toes. An ingrown toenail is the intrusion of the corner of the nail into the soft flesh due to its growth. Having an ingrown toenail will cause you to experience pain. You might also notice redness and swelling of the affected area. In rare instances, an infection could also occur. Common causes of ingrown toenails are wearing shoes that are too tight, thus crowding the toenails! Other causes include cutting the toenails too short, not cutting them straight across, or injury to the toenail and oddly curved toenails.

The greatest concern when the ingrown toenail is left untreated or undetected is a bone infection once the nail breaks through the layers of tissue. If the individual has diabetes, the consequence is greater. However there are ways to prevent ingrown toenails from reaching that stage.

One of these is soaking the toe in warm water with salt mixture several times a day, leaving it for 15 minutes during each soak. Except when soaking the feet, always keep them dry! You should also choose footwear that fits the feet comfortably and allows some room to breathe. If possible, sandals should be worn so that there is little or no pressure on the toes. To make sure that infection does not happen, the toes should be regularly inspected. Also, antibiotic ointment should be applied around the area for prevention. If pain continues, there are over-the-counter pain-relieving medications. At the worst case, podiatric surgeons can help alleviate the condition of ingrown toenails by operating to remove the ingrown toenail. If the edges of the toenail are showing signs of becoming ingrown, it is best to take the necessary steps to lessen the impact.



**A warm soak can do wonders!**

## Foot Exercises at the Office!

The only time that a desk-job worker will get to flex muscles is when there is a need to go to another department or go to the bathroom. Fortunately there are exercises that can be done within the walls of the workplace. The human body is structured in a way that it needs a small amount of physical activity to maintain homeostasis or inner balance. Having an intense exercise for those who are unaccustomed will not bring the body any good. In fact, it is best to start with little steps for your feet and legs! The following exercise can be done inside the office even while seated. This way, even while working, the body still receives the needed exercise. These exercises are best executed while being seated.

- Lift toes while the heel is securely on the floor.
- Tap the feet on the floor, as if running. This should also be done while seated for 30 seconds.
- Lift the right, then left, foot a few inches above the ground; the right knee should remain in a 90-degree position. This position should be maintained as long as you are comfortable.

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