



How to grow old on the right foot

What is the secret?

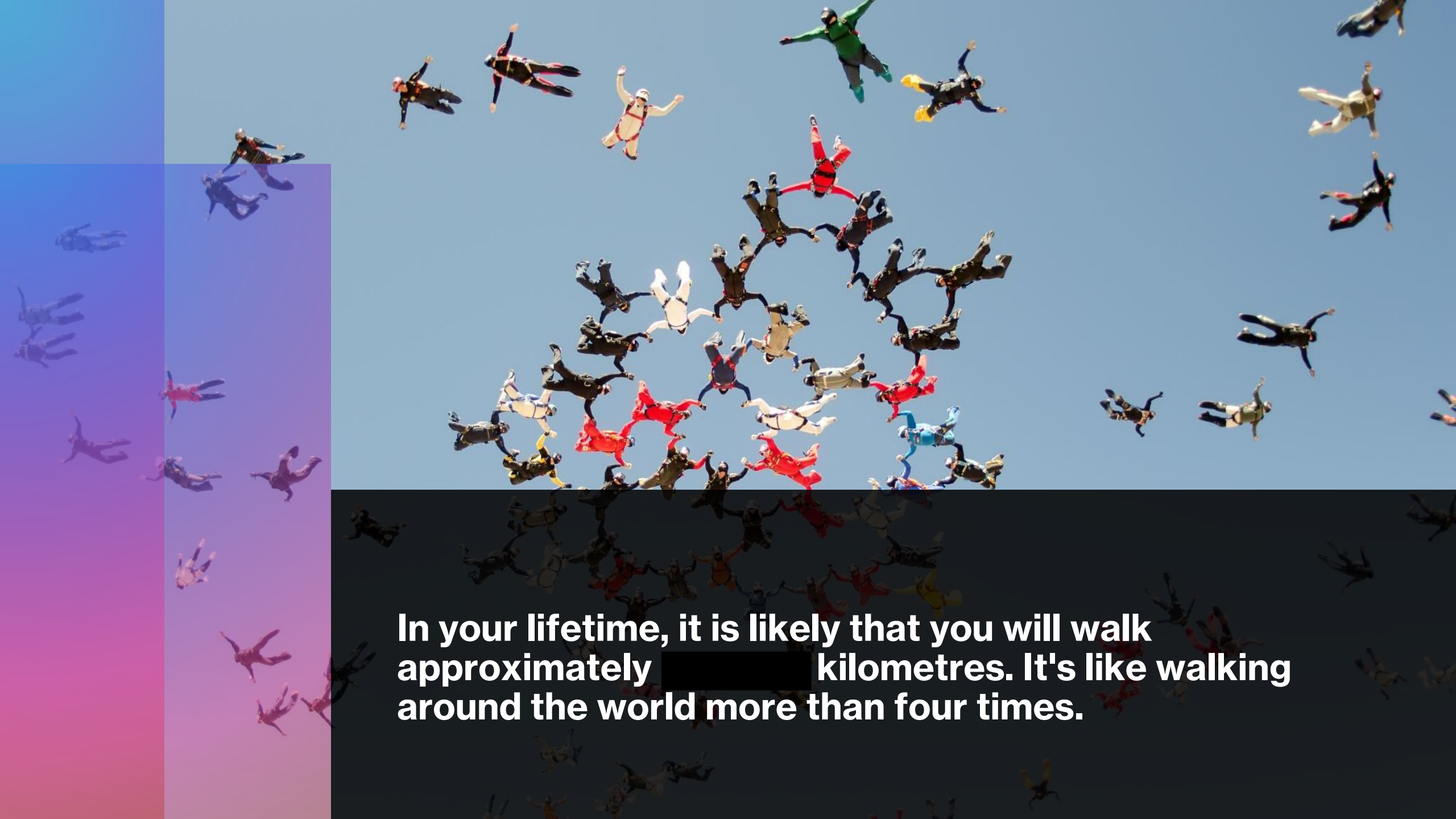


Alliance Podiatrie

Dr Annie Jean, Gabrielle Castonguay, Diane Bouguem, podiatrists

Warm up Quiz





In your lifetime, it is likely that you will walk approximately [redacted] kilometres. It's like walking around the world more than four times.

There are bones in a



Your feet contains 250,000 sweat glands that can produce of perspiration each day.



A black and white photograph capturing a runner's foot in mid-stride on a wet pavement. The foot is splashing water, creating a large splash that is frozen in time. The runner is wearing a dark shoe and leggings. The background shows a wet surface with a white line, possibly a lane marker on a track. The overall scene conveys the intensity and physical nature of running.

**Running adds ? times
the pressure of your
entire body weight on
your feet**

Did you know: There are more sensory nerve endings per square centimeter in the soles of your feet than in any other part of your body.





**I hope you are warmed
up!**

Now... what exactly is a healthy foot?



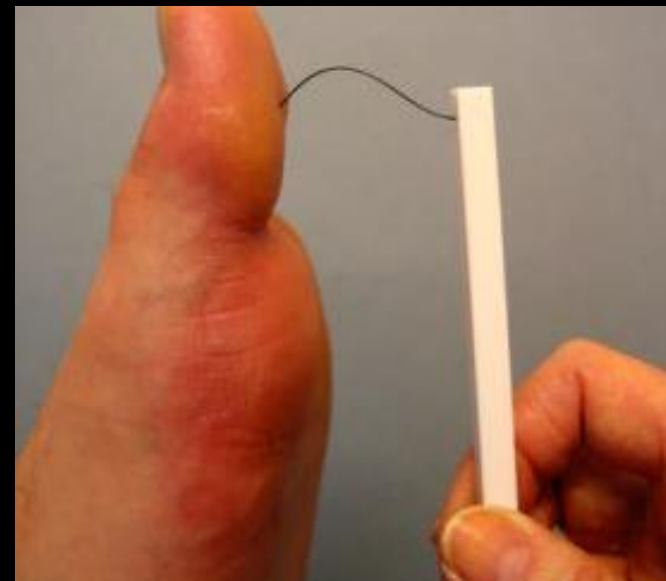
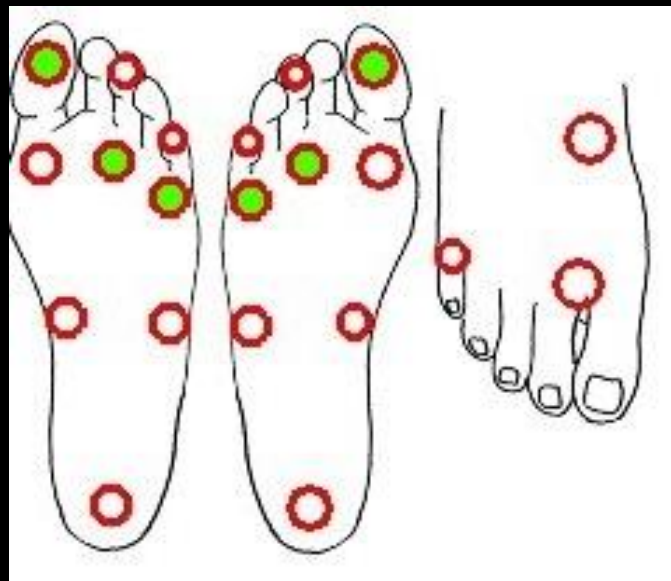
Vascularly speaking...

...et si c'était vos artères ?



des pas pour la vie


Association Française de Cardiologie
et de Médecine Préventive



What about your nerves, are they healthy?

My nails!





How to properly trim our nails?

Facile et
confortable

How to properly trim our nails?



And what about my skin?

Callouses



Corns



And what about my skin?

Hyperhidrosis



Dry skin



And what about my skin?

Skin infections



Fissures



Plantar warts

- How to prevent them?
- How to treat?



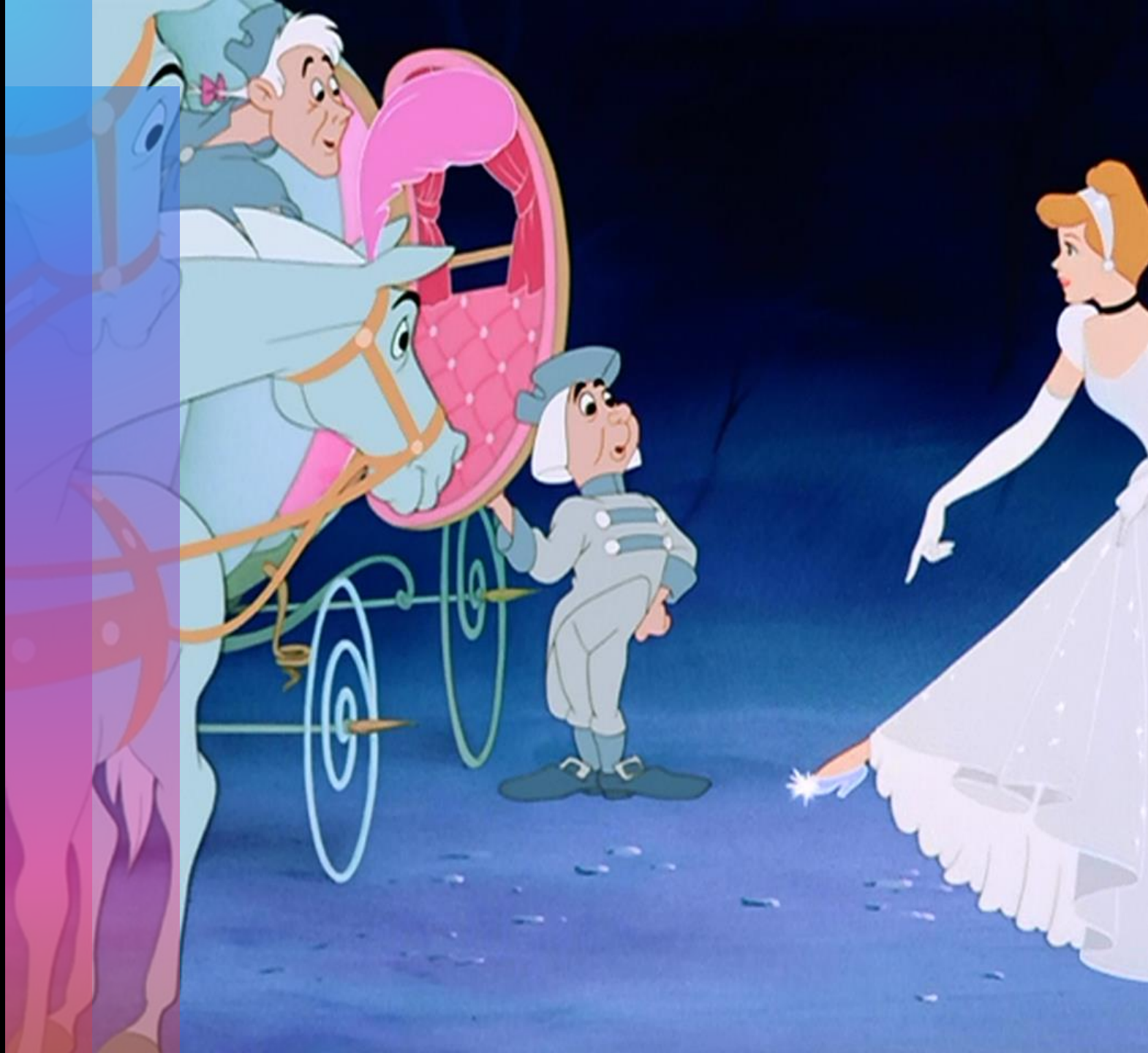


A healthy foot is also a well-shod foot!

How to go about finding THE right shoe?

How to go about finding THE right shoe?

- It all depends on your activities and your foot type



WHAT SHAPE DO YOU HAVE?



Egyptian Foot



Roman foot



Greek foot

Different types of feet

Flat feet



Cavus feet



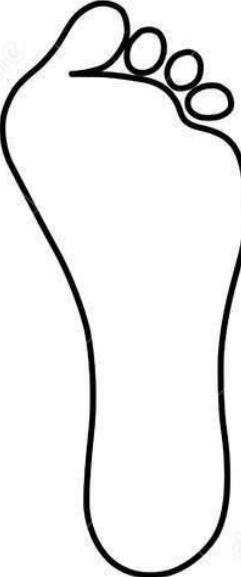
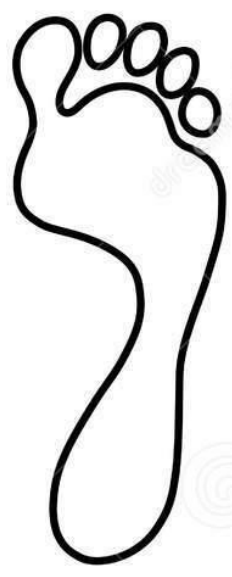
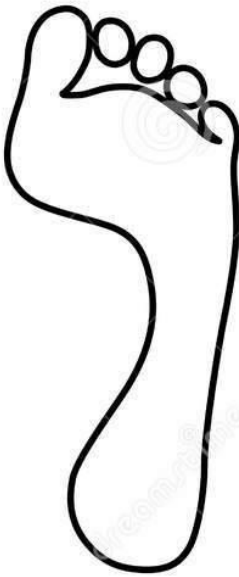
Common encountered difformities

Hallux valgus



Hammer toes





R-E-S-P-E-C-T

- Always make sure to respect the shape of our foot before buying the shoe
- Comfort above all and before style!



Comfort above all and before style!

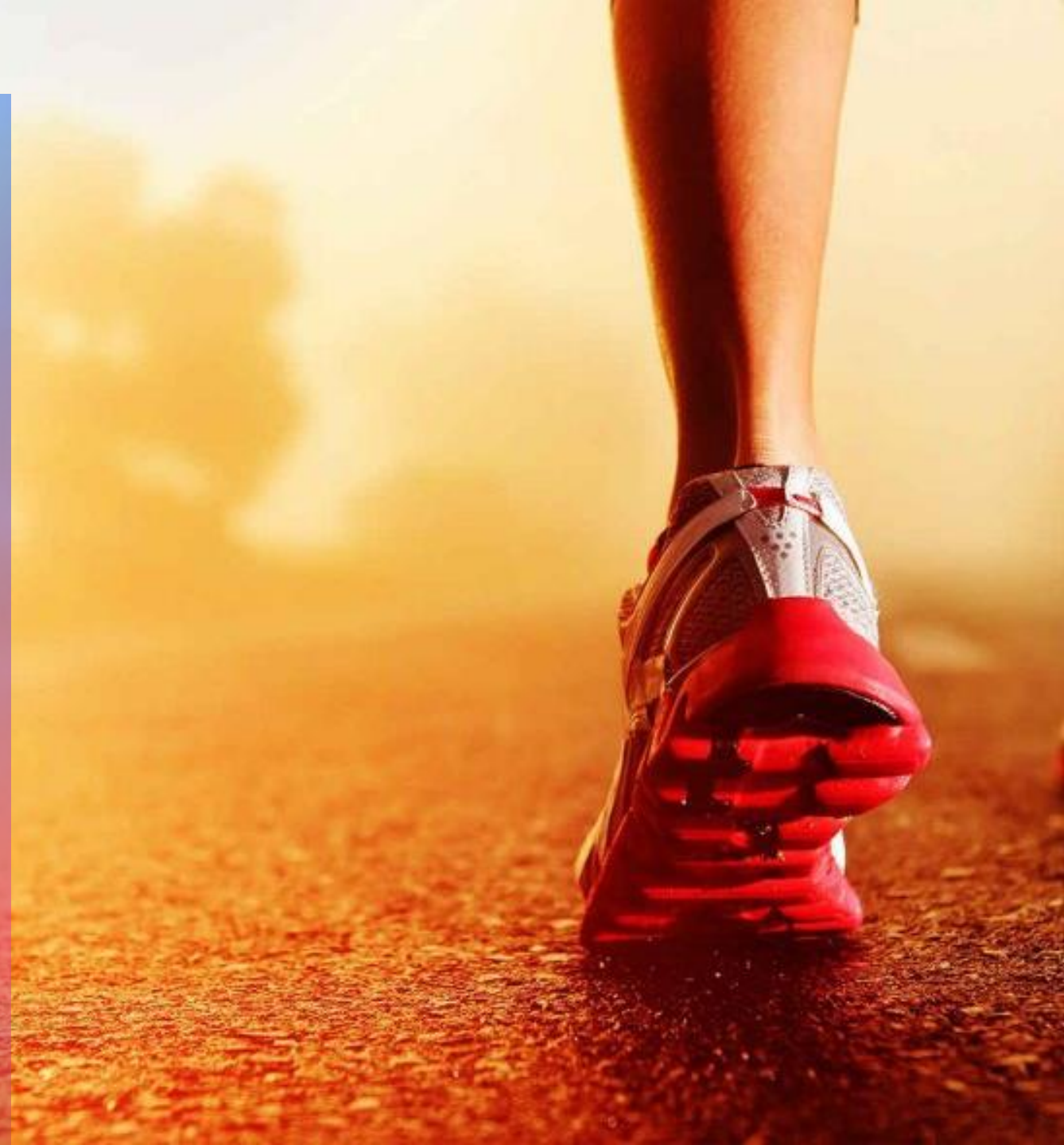


Choosing the right shoe for your sport

My sport is hiking. I like walking in Gatineau Park. I walk year round!

Choosing the right shoe for your sport

- I like to run, whether short or long distances, it's my sport and I would like to continue running as long as possible!






Choosing the right shoe for your sport

- I love racket sports! Whether it's pickleball, tennis or squash, I have to dress my feet accordingly!

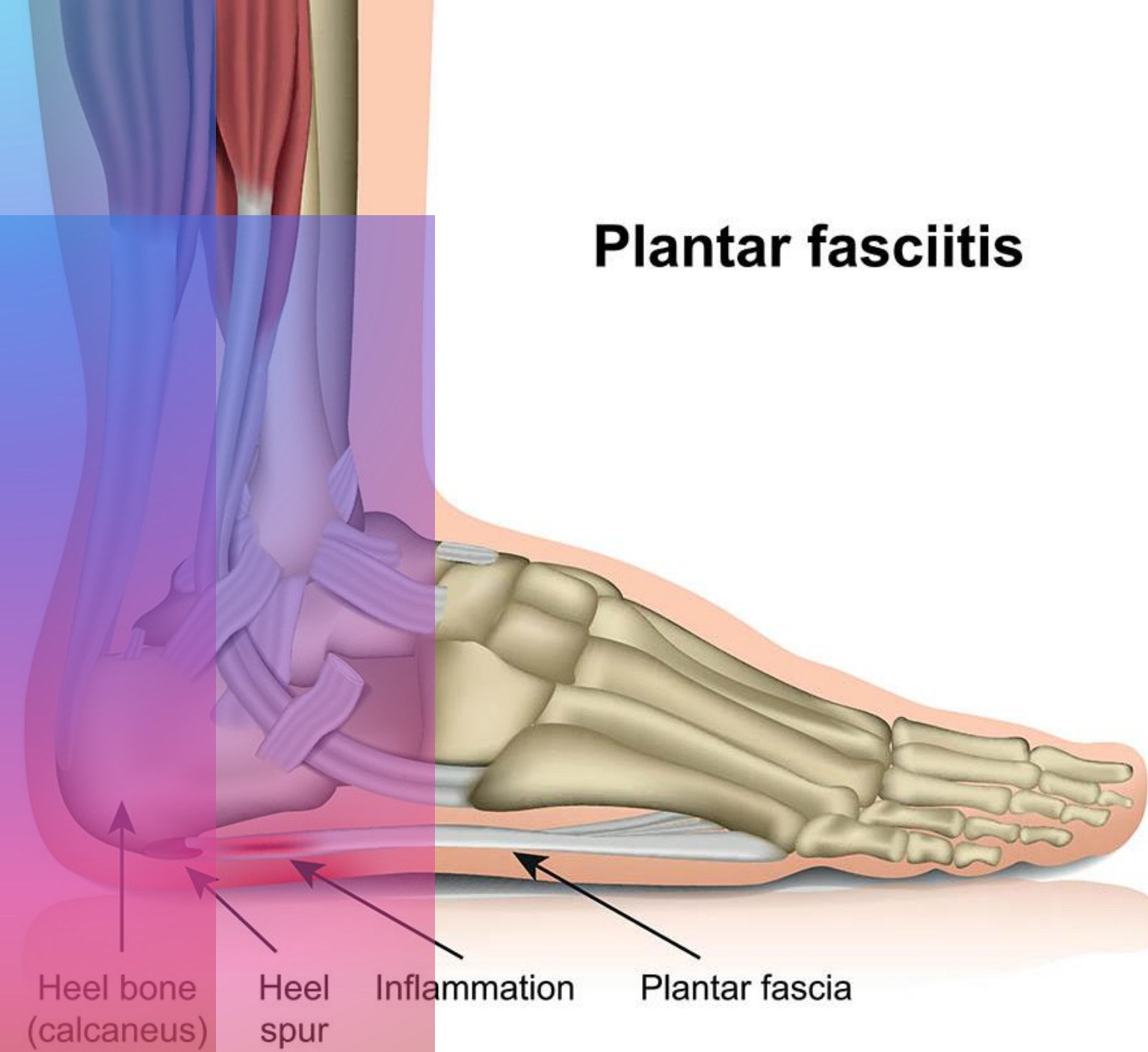
**Now that
everyone is well
shod**

My next question: WHEN should I cry for "HELP" to my podiatrist?



The most common foot pain encountered in podiatric clinics!

Plantar fasciitis



**My feet
hurt!**

Heel spur syndrome –
Plantar fasciitis



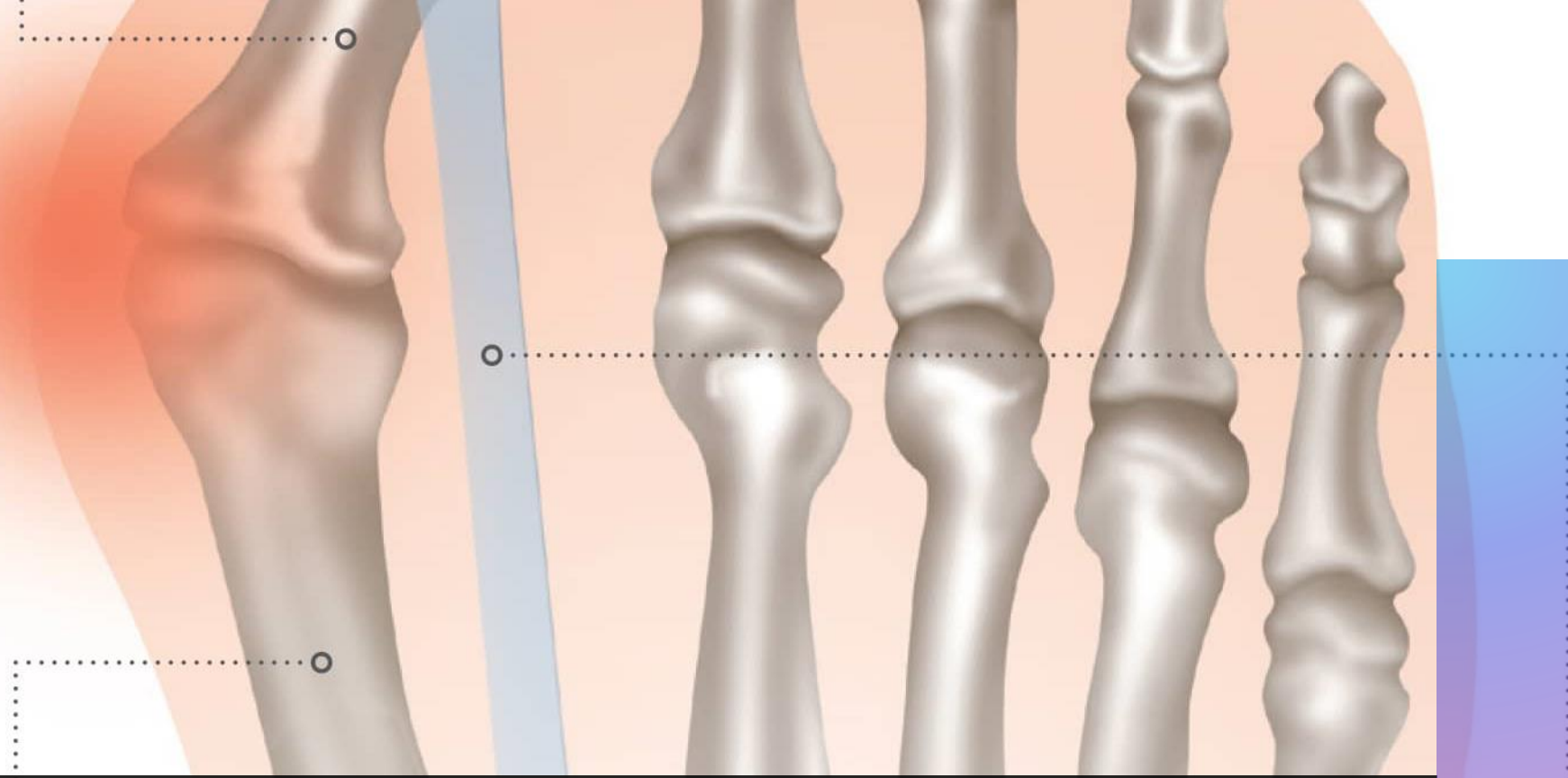
My feet hurt!

Morton's neuroma

My feet hurt!

Hallux Rigidus





My feet hurt!

1^{er} métatarsien

Hallux Abducto Valgus

A close-up photograph of a person's right foot resting on a light-colored wooden floor. A bright yellow-green tennis ball is positioned under the arch of the foot, and the foot is shown in a rolling motion over it. The background is a plain, light-colored wall. On the left side of the image, there is a vertical gradient bar transitioning from blue at the top to purple and then pink at the bottom.

Recommended exercises to keep our feet healthy

Roll a tennis ball under the arch of the foot

Recommended exercises to keep our feet healthy

- Calf stretches
- 3 x 30 seconds to gradually stretch the muscles



Recommended exercises to keep our feet healthy

Work the toes with the towel



Recommended exercises to keep our feet healthy

- Work your balance standing on one foot, be creative!
- It will help strengthening your body and reducing the chances of falls





WHAT IF I HAVE DIABETES?

Visit your podiatrist! Here's why...

Consequences of diabetes on the feet



About 1 % of diabetics are at risk of having an amputation of a lower extremity



If well taken care of, it is possible to prevent many of those amputations



STRATEGIES:

PREVENTION

By your health professionals.
SCREENINGS done regularly

Prevention Guide

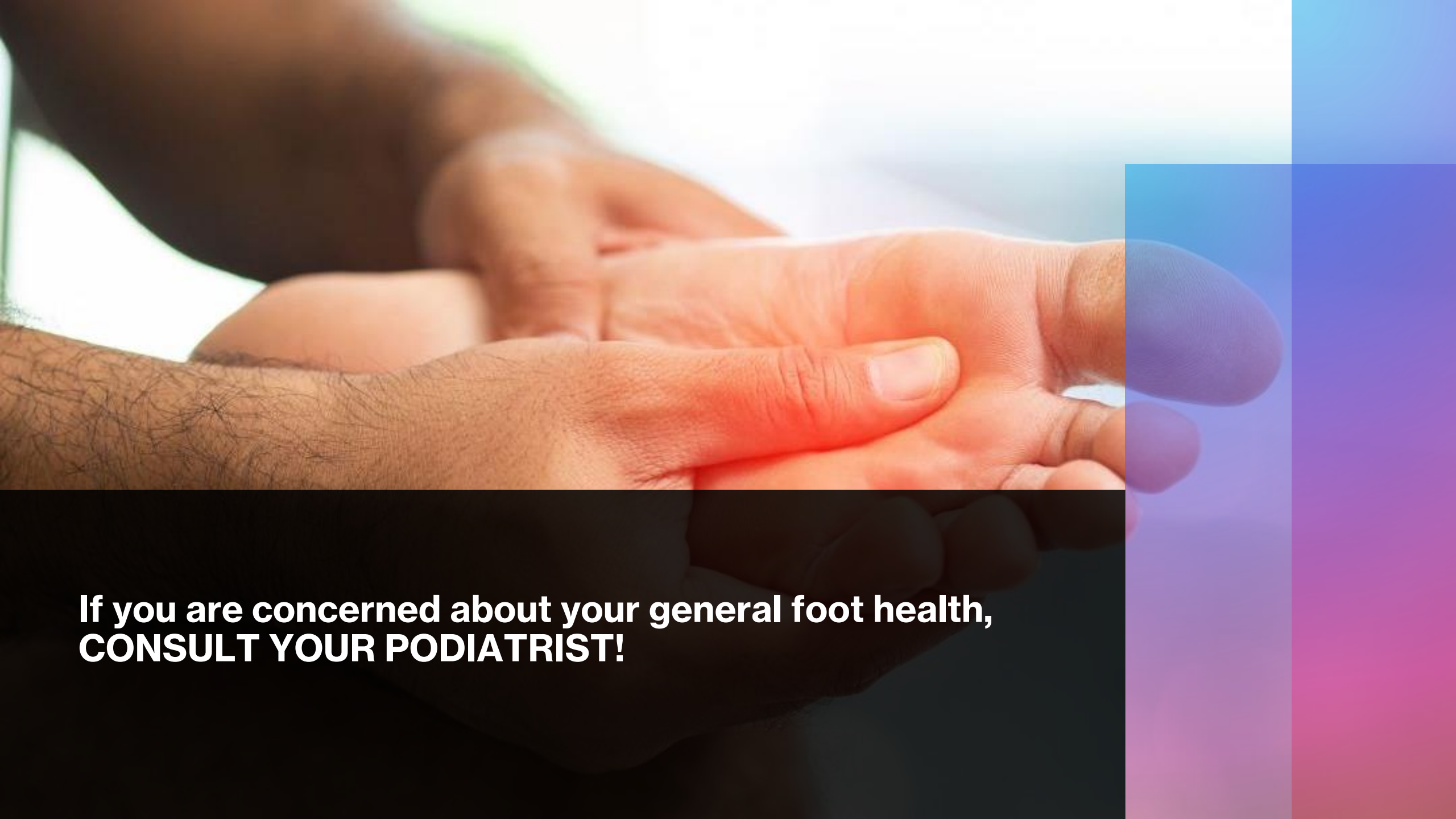
YOU HAVE TO

- ...examine your feet every day
- ... use a mirror if necessary to see the bottom of your feet
- ...examine the color of your legs and feet.
- ... cut your nails straight.
- ...wash and dry your feet daily, especially between the toes. Wear clean socks.
- ... moisturize your feet daily.
- ... wear good shoes at all times
- ...protect your feet from extreme temperatures
- ...exercise regularly.

Prevention Guide

YOU MUST NOT

- ... cut your own corns and calluses.
- ... treat an ingrown toenail yourself or remove splinters
- ...use over-the-counter medications to treat corns and warts.
- ...apply heat to your feet using a hot water bag or electric blanket. You could burn yourself without realizing it.
- ...entrust your feet to non-professionals.
- ...walk barefoot, indoors or outdoors.
- ...buy over-the-counter non custom insoles when not recommended



**If you are concerned about your general foot health,
CONSULT YOUR PODIATRIST!**



THANK YOU

DRE ANNIE JEAN, PODIATRE