

Winter Foot Top Tips from St Judes Clinic



Here are a few of our top tips for happy feet.

After a hard day soak your tired feet in warm water for a few minutes. A drop of tea tree oil will quickly clear any fungal athlete's foot. Dry thoroughly with a soft towel taking care between the toes.

Nail it! While your toes are in hibernation this winter remove the nail polish and use a good quality nail serum or cuticle oil. Most nail polishes contain solvents which dry out the nail when left on too long so try to use solvent-free polishes and always use a base coat.

Be natural... to avoid chilblains and cold stiff joints wear socks made from wool and cotton to insulate and draw moisture away from the foot.

You smoothie... use a good quality foot cream such as CCS Footcare cream (available at St Judes) to ensure dry areas stay crack-free and supple. Avoid in-between the toes as this can cause irritation.

Balance it out... improve your balance for the wintery conditions; barefoot, try to squat down on two legs up to 15 times. Concentrate on smooth motion and control, make the task more beneficial by closing your eyes and shifting the weight from one foot to the other. (Ensure you are within a safe environment at all times and if you feel any pain in the knees/feet, stop & consult a Physiotherapist/Podiatrist.)

Visit a Podiatrist if you have any problems or questions on:

- **Nail care & in-growing toenails**
- **Nail infections**
- **Corns & hard skin**
- **Verrucae**
- **Diabetic care**
- **Heel & arch pain**
- **Knee & lower back pain**
- **Biomechanical examinations & orthotics (in-shoe devices)**

To book an appointment with one of our friendly Podiatrists contact St Judes Clinic

01525
377751

enquiries@stjudesclinic.com
www.stjudesclinic.com

26 Lake Street, Leighton Buzzard, LU7 1RX


St. Judes
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