

**SPRINGWOOD:**

1/1 Laurinda Crescent

**COOPERS PLAINS:**

2/124 Orange Grove Rd

**07 3133 8134****Don't Get Your Laces In A Knot!**

Everyone has different types and sizes of feet but not all shoes take that into account! Having the right fit is so important, not only to prevent injuries, pain, and problems, but also so you can stay on your feet for longer, and keep doing the activities you love with comfort! This is why we love shoes with laces – did you know that there are various lacing techniques that can help you better achieve the perfect fit?

**Lock Lacing**

Good for narrow heels/heel slipping, and a shallow foot.

**Volume Lacing**

Good for high arches & a wide forefoot.

**Painful Toes/Black Toe Nails**

Reduces pressure on toes and nails.

**Tight Shoes**

Reduces pressure/pinching across feet.

**\*Handy Tip:** When buying your shoes, remember that the more eyelets available, the easier it will be to adjust your laces for a custom fit!

For instructions on the lacing techniques, head to our website [Videos page](#) and watch our short demonstration videos!

**Upcoming Events****October – Foot Health Month**

*Stop taking your feet for granted and give them some loving! Book in with your podiatrist and check that everything's ok!*

**12<sup>th</sup> October – International Arthritis Day**

*Arthritis can be a crippling condition but sometimes we can help! Whether it's assisting with foot and nail care, a relaxing wax bath treatment, or finding the right shoes to keep you comfortable – just ask if anything can be done to help!*

**14<sup>th</sup> November – World Diabetes Day**

*If you've been putting off getting your diabetic foot assessment, don't put it off any longer!*

**25<sup>th</sup> December – Christmas**

*We will be closed from the 24<sup>th</sup> - 27<sup>th</sup> of December. We hope everyone has a lovely (and safe!) holiday!*

**PRODUCT OF THE QUARTER – REVERE SANDALS**

Now that the weather's warmed up, it's time to start pulling out the sandals again. So we thought, what better time than now to look at our Revere sandal range!

The Revere sandals have been designed to improve foot health so that you can be comfortable on your feet all day! The foot beds themselves provide cushioning and support to help tired, aching feet, as well as some knee and lower back pain! Furthermore, the foot beds are removable! This provides extra depth so you or your podiatrist can replace them with an orthotic, without changing the style or look of the sandal!

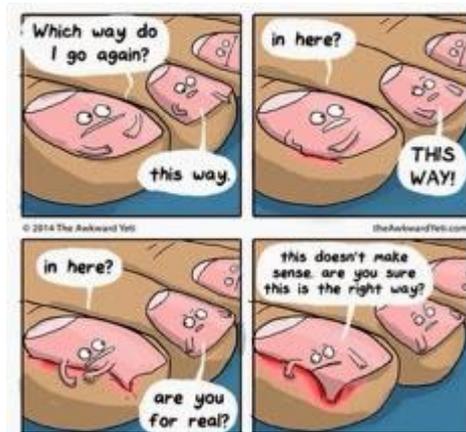
They are also designed to allow maximum adjustability to achieve the perfect fit for various foot types. Each sandal comes with strap extensions that allow up to an extra 1.5cm of width! Perfect for wide feet, and feet that tend to swell throughout the day!

Some of the sandal styles are also bunion-friendly with strap cut-outs that are perfectly located to fit around the bunion.



For more information, or to try on the sandals, head to our [Springwood clinic!](#)

# Ingrown Toenails – A Real Pain in the Side!



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Compared to the rest of your body, a toenail seems pretty small and insignificant. However, you would not believe the amount of pain and suffering it can cause someone when it doesn't grow the way it should! If you've got a painful toe/toenail, it is possible that it might be ingrown. Ingrown nails are actually more common than you think, with some people more prone to getting them than others!

## What Causes It?

Incorrect nail cutting technique is usually the culprit. However, some people have very wide or curved toenails, and are therefore more likely to get ingrown toenails. This trait can also be hereditary in terms of the shape and way the nail grows, so if one of your parents or grandparents suffer from ingrown nails too, you could probably blame them for your dilemma! In most cases though, there is a spike of nail at the edge that pierces the skin of the toe and continues growing into the toe as the nail grows out. As you can imagine, this isn't very pleasant!

## Look Out for These Symptoms

- Extremely painful – people often say that even the pressure of bed sheets on the toe can be excruciating, let alone having to wear shoes!
- Redness and inflammation along the side of the toe nail.
- Occasionally there may be pus and malodour. (**Handy tip:** Antibiotics might help soothe an angry, infected nail. However, as long as the nail is still ingrown, or if there is a nail spicule still digging into the toe, the pain, inflammation and infection will not settle down completely.)



Don't worry though, ingrown nails are very easily treated – in fact, the relief afterwards is pretty much immediate! So don't suffer unnecessarily, go and see a podiatrist!

Here at Foot Factor Podiatry, our podiatrists spend time assessing the nail and possible contributing factors in order to prescribe individualised treatment plans. These can include a range of treatment options depending on the patient's needs, such as regular conservative treatment, nail packing, or a minor toenail surgery (or in podiatry terms, a partial nail avulsion). In fact, if you're curious about the ingrown nail procedure, go to the Videos page on our website: [www.footfactor.com.au](http://www.footfactor.com.au) and watch the video for more information.

If you would like pain free, pampered feet, call **3133 8134** now for a consultation at Foot Factor Podiatry:  
1/1 Laurinda Cres, Springwood; OR 2/124 Orange Grove Rd, Coopers Plains.

**Don't let pain restrict your participation in life!**

To receive updates on sales, competitions, and special offers:



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