पावलंकता उपयोगी व्यायाम

फिजिओलॉजिकल एवं योगिक व्यायाम से शरीर में शरीर के हिस्सों को आरोग्य से समर्पित करने के लिए किए जाने वाले उत्तम उपाय हैं। इनमें योगिक व्यायाम से मन में शांति की तलाश की जाती है।

पावलंकता उपयोगी व्यायाम के लिए निम्नलिखित उपकरणों का उपयोग किया जा सकता है:

1. निर्दिष्ट उच्चांकित व्यायाम से शरीर में आरोग्य की तलाश की जाती है।
2. मन को शांति प्रदान करने के लिए व्यायाम का उत्तम उपयोग किया जा सकता है।
3. अनुसार व्यायाम से शरीर में आरोग्य की तलाश की जाती है।

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निम्नलिखित उपकरणों का उपयोग किया जा सकता है:

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COMMON FOOT PROBLEMS

BUNIONS

If you have a bunion, you know it is a painful enlargement at the joint of the big toe. The skin over the joint becomes swollen and
is often quite tender. Bunions can be inherited as a family trait, can develop with no recognizable cause or can be caused by shoes that fit poorly. An important part of treatment is wearing shoes that conform to the shape of the foot and do not cause pressure areas. This often alleviates the pain. In severe cases, after many years, bunions can be disabling. Several types of surgery are available that may relieve pain and improve the appearance of the foot. Surgery is usually done to relieve the pain.

Bunion is enlargement at the joint of the big toe.

HEEL PAIN

Heel pain is extremely common. It often begins without injury and is felt under the heel, usually while standing or walking. Inflammation of the connective tissue on the sole of the foot (plantar fascia) where it attaches to the heel bone is the most common cause of pain (circled area in figure below). It is often associated with a bony protrusion (heel spur) seen on X-ray studies.

Most cases will improve spontaneously. Medication to reduce swelling of the soft tissues in your foot and shoe inserts are quite helpful. If pain continues, steroid injections or walking casts are used. Only in the most troubling and prolonged cases is surgery recommended.

Circled area is common site of heel pain.

MORTON’S NEUROMA

Morton’s neuroma is caused by a nerve being pinched. This pinching usually results in pain between the third and fourth toes. Tight shoes can squeeze foot bones together. The nerve responds by forming a neuroma, a buildup of extra tissue in the nerve. The neuroma results in pain that may radiate into the toes.

Treatment usually involves wearing wider shoes and taking oral medication to decrease the swelling around the nerve. A pad on the sole of the foot to spread the bones is often helpful. Your doctor also may inject cortisone around the nerve. If your difficulty continues, surgery to remove the neuroma may be suggested.

Morton’s Neuroma shown in circled area.

CORNs AND CALLUsES

Corns and calluses are caused by pressure on the skin of your foot. They may occur when bones of the foot press against the shoe or when two foot bones press together.

Common sites for corns and calluses are on the big toe and the fifth toe. Calluses underneath the ends of the foot bones (metatarsals) are common. Soft corns can occur between the toes.

Treatment involves relieving the pressure on the skin, usually by modifying the shoe. Pads to relieve the bony pressure are helpful, but they must be positioned carefully. On occasion, surgery is necessary to remove a bony prominence that causes the corn or callus.

Corns and calluses are caused by pressure on the skin.

Hammertoes

Hammertoes are one of several types of toe deformities. Hammertoes have a permanent sideways bend in your middle toe joint. The resulting deformity can be aggravated by tight shoes and usually results in pain over the prominent bony areas on the top of the toe and at the end of the toe. A hard corn may develop over this prominence.

Treatment usually involves a shoe to better accommodate your deformed toe. Shoe inserts or pads also may help. If, after trying these treatments, you still are having marked difficulty, surgical treatment to straighten the toe or remove the prominent area of bone may be necessary.

Tight shoes make Hammertoes painful.

PLANTER WARTs

Plantar warts occur on the sole of the foot and look like calluses. They result from an infection by a specific virus. They are like warts elsewhere, but they grow inward. The wart cannot grow outward because of weight placed on it when you stand. You may experience severe pain when walking, and can have just one or many plantar warts. Plantar warts are extremely difficult to treat, but success has been achieved with repeated applications of salicylic acid (available over-the-counter) to soften the overlying callus and expose the virus. Other treatments include injection of the warts with medication, freezing the warts with liquid nitrogen and very rarely, surgery.

Plantar warts can be treated.

Courtesy of American Academy of Orthopaedic Surgeons
The Annual Joint Function of “MAI” and “BID” has been arranged on 15th October, 2003 between 5 and 7 P.M. at Nehru Memorial Hall, Pune Camp. The programme will include scientific lectures, entertainment, military band, etc. You and your friends are cordially invited to attend.

Managing Committee, "MAI" & "B.I.D.

Request to the Members

Very Shortly, "Mission Arthritis India" will complete its third year of existence. Initially, we had charged a one time membership fee of Rs. 50/- to all our esteemed members. For the past three years, we have been publishing magazine issues containing important information regarding arthritis and other related diseases of bones and joints. In addition, we all meet at Nehru Memorial Hall for our annual gathering. Over the years, the expenses for printing and postage for the magazine and the annual event have increased phenomenally. We therefore request you to continue your membership by paying Annual fee of Rs. 100/- as soon as possible. The membership fee may be paid as a demand draft drawn on any Bank in Pune in the name of “Mission Arthritis India” or by money order or in cash, to be sent or paid personally, at the address of “MAI” given below.

Thank you!

P.C. Nahar, Chairman, "MAI"