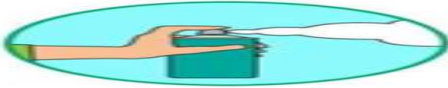


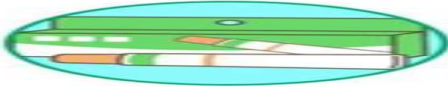
# How To Care For And Treat Athlete's Foot?



## Treatment



Use topical antifungals creams, sprays, and powders



Use steroid creams as per the prescription



Take a prescribed course of antifungal tablets

## Care Advice



Dry the feet before applying medications

Apply antifungal creams on the rash and an inch beyond the rash



Complete the course of medication as prescribed

Use breathable socks and change daily



Rinse in cool water to relieve the itch, and do not scratch

Use separate towels to dry the feet



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# The Foot Advice For Athletes

**Alfred L. Logan, Lindsay J. Rowe**



## **The Foot Advice For Athletes:**

Clinical Skills in Treating the Foot Warren Turner, Linda M. Merriman, 2005-08-17 The eagerly awaited new edition of *Clinical Skills in Treating the Foot* has been revised and updated with the needs of a broad range of health professionals in mind. For anyone treating patients with foot disorders, *Clinical Skills in Treating the Foot* will provide invaluable support through three key areas. Section 1 is concerned with the general principles of managing foot disorders and the context in which treatment of the foot takes place. Included are chapters on treatment planning, evidence-based practice, governance and audit, clinical protocols, clinical emergencies and health promotion. Section 2 examines the application of clinical therapeutics to foot disease and includes chapters on operative techniques, surgery and the foot, pharmacology, physical therapy, mechanical therapeutics, chairside devices, prescription devices and footwear therapy. Section 3 considers the particular needs of special groups and includes chapters on the adult foot, the child's foot, sports injuries and management of tissue viability. With its clarity of text and liberal use of case studies and illustrations, the latest edition of *Clinical Skills* will be required reading for practising and student podiatrists. It will also be a valuable reference and guide for all others involved in the provision of treatment of the foot. This book has been written as a companion volume to the editors' *Assessment of the Lower Limb*, also published by Elsevier Churchill Livingstone. Written by an experienced team of clinicians who also understand the needs of students as well as practitioners, logical and clear structure makes it easy to use for both clinicians and students. Each chapter is self-contained and can be used for independent reading topics. Case histories and clinical comment sections illustrate important clinical points. Key points and summaries provide assistance for learning and review. Features approximately 400 illustrations. Half of the contributors are new, more experienced clinicians than those used for the previous edition. New chapter by new author on Clinical Governance replacing old chapter of Audit and Outcome Measurement. Major revision by new authors of chapter on Treatment Planning to reflect new developments and changes in practice. Completely rewritten chapter by new authors on Clinical protocols. Major revision by new author of the chapter on Foot health education and promotion. Major rewrite with new author of the chapter on Pharmacology which will have expanded sections on topical and injected steroids and prescription medicines. Major revision by new authors of the chapter on Physical therapy. New section on chairside devices in the chapter on Mechanical therapeutics in the clinic. New authors involved. Chapter on Prescription orthoses now replaced with new chapter by new authors on Prescription devices. Major rewrite by new author of the chapter on sports injuries. New chapter on Managing tissue viability replaces the old chapter on the Management of foot ulcers and now incorporates the material previously covered in old appendices 1 and 2 on Management of exudation in ulcers and Footcare advice for people with diabetes. *Foot Health: A Comprehensive Guide to Happy Feet* Pasquale De Marco, 2025-04-30 *Foot Health: A Comprehensive Guide to Happy Feet* is the essential guide to foot health. It covers everything from common foot problems to foot care for people with special needs. Whether you're a runner or

hiker or just someone who wants to keep their feet healthy this book has something for you In *Foot Health A Comprehensive Guide to Happy Feet* you ll learn How to identify and treat common foot problems How to prevent foot problems How to choose the right shoes How to care for your feet if you have diabetes or arthritis How to keep your feet healthy as you age *Foot Health A Comprehensive Guide to Happy Feet* is written by Pasquale De Marco a podiatrist with over 20 years of experience He has seen firsthand the devastating effects that foot problems can have on people s lives He has also seen how proper foot care can help people live healthier more active lives *Foot Health A Comprehensive Guide to Happy Feet* is a must read for anyone who wants to keep their feet healthy and pain free Here s what people are saying about *Foot Health A Comprehensive Guide to Happy Feet* This book is a wealth of information on foot care I highly recommend it to anyone who wants to keep their feet healthy Dr Mark J Menz DPM FACFAS This book is a valuable resource for anyone who wants to learn more about foot health It s written in a clear and concise style and it s packed with helpful information Joseph E Coughlin DPM FACFAS This book is a must have for anyone who wants to keep their feet healthy It s full of practical advice and tips that can help you prevent and treat foot problems Pasquale De Marco If you re looking for the most comprehensive guide to foot health look no further than *Foot Health A Comprehensive Guide to Happy Feet* If you like this book write a review on google books

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and patient education This peer reviewed textbook is a revision of a previous edition of this book last updated in 2020 Multiple authors collaborated to make this the pre eminent resource for foot care nurses practitioners and students The Art and Science of Foot Care serves as the primary resource for many foot care nursing programs in Canada including Foot Canada Training s Advanced Foot Care Nurse Program and is being used as a guide for similar programs to be created in other countries This current edition has been updated to showcase a refreshed gallery of new photos an extensive glossary of terms up to date infection prevention and control standards and a renewed focus on the fundamentals of the role of the foot care nurse

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