

Foot Care in Trailwalk

Mrs Doris Chow

Common Foot Problems in Trailwalk

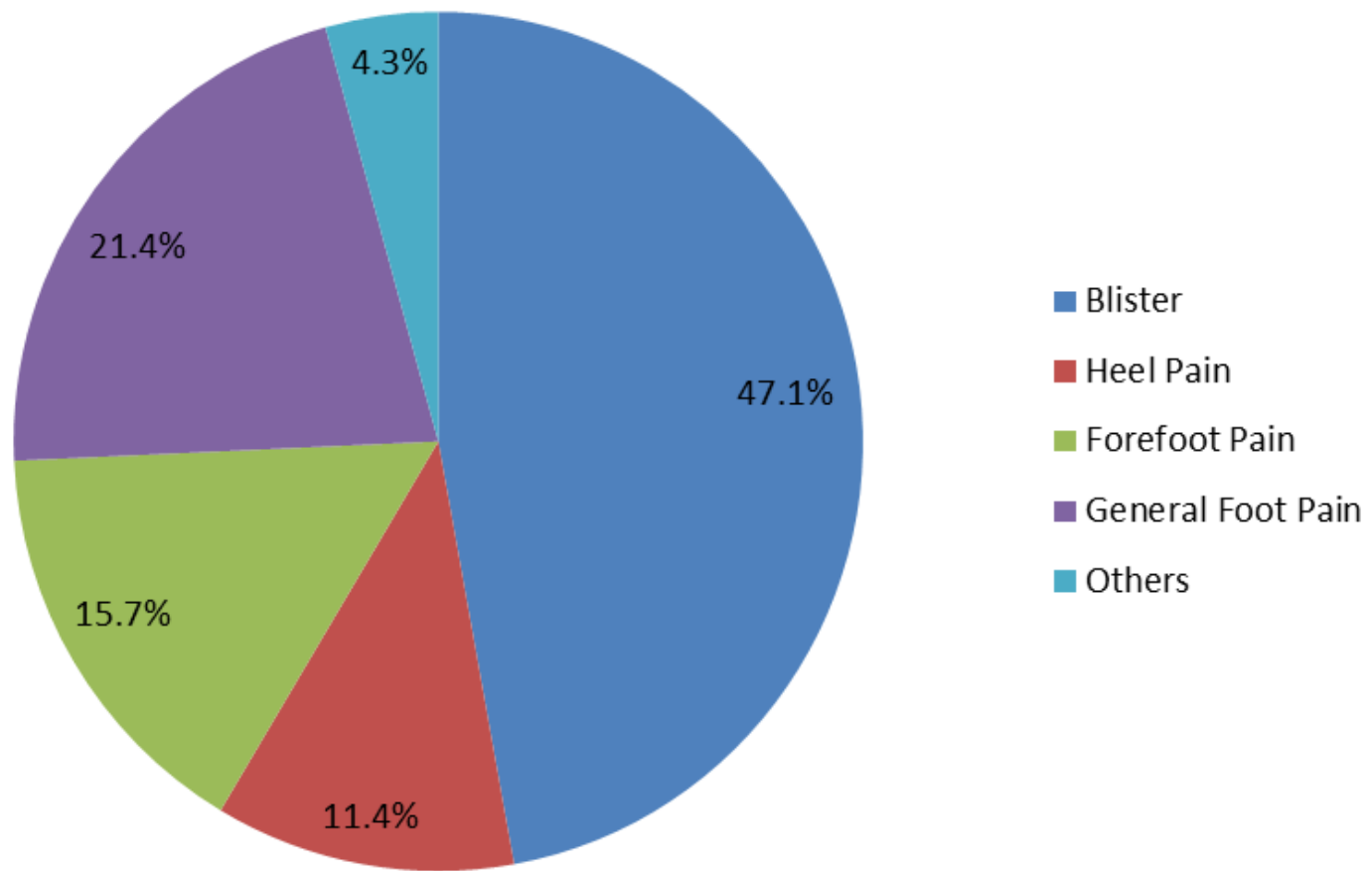
- Blisters
- Sore Foot
- Ankle Sprain
- Blackened Toenails



Before Trailwalk

How to hike with happy feet







What you need...

Boots, insoles, liner socks, outer sock, foot powder



Good Fit SHOES:

Hiking boots or trail running shoes are the best shoes to wear.

- at least try 10x 5mile walk before break-in hikes for the boots or shoes
- Do not wear new shoes.
- Bring an extra pair with you just in case your shoes become too uncomfortable.

1. They should bend at the big toe joint level.
2. The heel counter needs to be firm: you should not be able to easily compress the back of the shoe with your thumb.
3. Your shoes need to have structural support; you should not be able to wring them like a towel.
4. The shoes need to be wide enough to accommodate the width of your forefoot - not too tight or loose.
5. Your toes should not hit the end of the shoe, especially when walking downhill. Anywhere from 1 cm to 1.5 cm is OK for toe room at the front. You need to check this in the shop.
6. Good Fit shoes that all toes with socks can wiggle freely



Insoles



- Thick, cushiony insoles also help. When your feet sink into EVA or memory foam insoles, the soft material keeps them in place.
- distinct shape, deep structured heel cup and full length foam structure which all assist in lifting, aligning and stabilising your foot in a more biomechanically sound position.
- If you are wearing supportive or corrective innersoles or orthotics might help in your shoes, consult a podiatrist before event

Lacing techniques

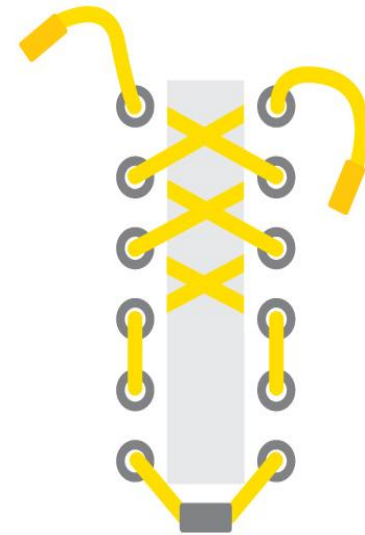
Keep foot laces

<https://youtu.be/SOE28brAcEc?t=36>

Lock laces

<https://youtu.be/LXjOLWgWq9k>

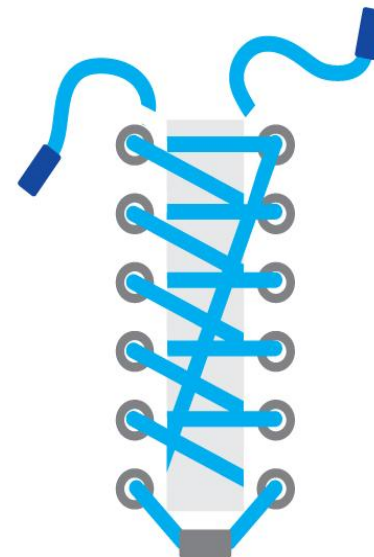
WIDE FOREFOOT



SOLUTION:

Leave
Some
Space

BLACK TOENAILS | TOE PAIN



SOLUTION:

Get
Your Shoe
OFF
Your Toe

One sock vs two socks?

SOCK CONDITION		BLISTER INCIDENCE	SEVERE BLISTER INCIDENCE
Single sock	Standard military socks (wool-cotton-nylon-Spandex combination)	69%	24%
Double sock arrangement 1	Standard military boot sock <u>plus</u> a thin polyester inner sock	77%	9%
Double sock arrangement 2	Very thick, dense, prototype outer sock (wool-polypropylene combination) <u>plus</u> the same thin polyester inner sock as group 2	40%	11%

Knapik JJ, Hamlet MP, Thompson KJ and Jones BH. 1996(A). Influence of boot-sock systems on frequency and severity of foot blisters. *Military Medicine*. 161(10): 594-598.

Socks liners and socks

- A) Moisture-wicking socks - By keeping perspiration away from the skin, friction levels are reduced and this goes some way to reducing the incidence of blisters. Look for words like Coolmax, Dri-fit or anything moisture-wicking. They're all synthetic blends with or without wool.
 - B) high quality dense sock over a thin polyester liner
- b) Don't wear cotton - Cotton does the opposite, it keeps moisture on the skin, and so it increases friction and makes blisters more likely.
- c) Several pairs - Depending on how sweaty your feet get and the conditions on the weekend, consider taking several pairs. Waterlogged skin (like when it goes wrinkly because you've been in the pool too long) is weak and prone to injury.

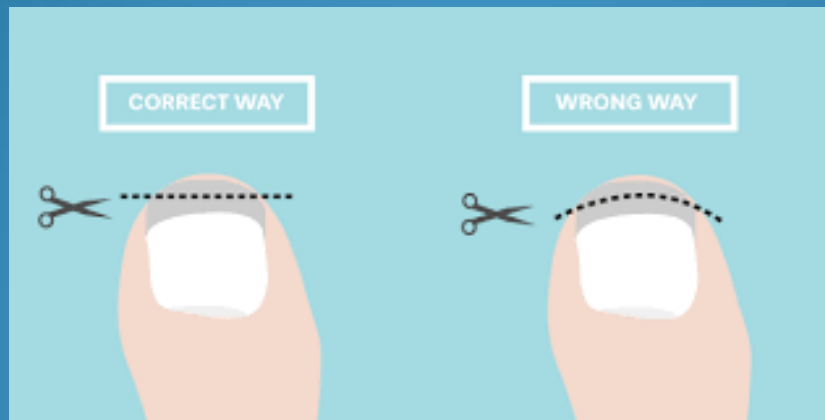


Trekking Poles

Research has shown that trekking poles reduce the risk of lower limb injuries especially going down the mountain. It was also mentioned that in another study, 71% of ankle injuries were sustained by walkers not using a pole during the descent. It is worthwhile to use some poles for this long walk.

Nail and Callus

Clip your toe nails before the walk. If you have any calluses that have developed over the months, file them so they will less likely to bother you while you walk.



Foot Preparation Kit



-A basic prevention pack might contain the following:

A small roll of omifix tape,
some Moleskin patches,
antiseptic skin wipes,
non-adherent dressings,
antiseptic liquid cotton tipped applicators,
dressing tape.

During Trailwalk

- Lower limb strengthening exercise
- Rest, remove shoes and change socks
- Apply powders, moisturizer, cream, start taping on hot spots
- Apply muscle balms as necessary

跨部門商防蚊措施 蚊傳 病未來兩月威脅增

跨部門商防蚊措施 蚊傳病未來兩月威脅增

2016年08月12日

衛生署及食環署在跨部門會議上，審視未來兩個月的蚊傳疾病風險，呼籲市民做好防蚊。



產品	萬寧售價	DEET成份	效能	其他效能	有效小時
殺牠死護膚蚊怕水	\$39.9	6%	驅蚊、跳蚤、蒼蠅	具天然保濕護膚精華	6
萬寧驅蚊蟲貼24片裝	\$35.9	不含DEET	驅蚊、蟲	NA	8
尚護健驅蚊貼12片	\$29.9	不含DEET	驅蚊、蠓、蚤、蟻	預防日本腦炎、寨卡病毒	24
歐護防蚊液	\$49.9	25%	驅蚊、壁蝨、蠓、蚋、沙蚤	NA	8
歐護天然蘆薈防蚊液	\$42.9	7%	防蚊	NA	2
驅蚊滴成人配方	\$99.8	30%	防蚊、蟬	NA	7
驅蚊滴幼兒配方	\$108.8	不含DEET(含Picaridin 25%)	防蚊、蟬	NA	12
珮氏驅蚊爽滾珠	\$49	不含DEET(含10%歐洲野紅茄提取物IBI-24610)	驅蚊蟲	止痕、水泡、疙瘩	12
3M Ultrathon 驅蚊膏2安士	\$51.9	34.34%	驅蚊、蠓、恙蟎、鹿蜱、跳蚤、螫蠅	防水濺、防雨、防汗	12

Thank you and Enjoy!

