

*Comfort with every step.*



2016  
Calendar

 **Comfeet**  
Foot Care Clinic

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2017 Calendar

# January 2016

December 2015

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

*Comfort with every step.*



This year I resolve to put my **feet first**. I will wash by soaping the soles of my feet and between my toes, then I will dry them carefully. I will examine them and make sure I am familiar with what they look like. I will protect my feet with comfortable shoes at all times.

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# February 2016

January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

*Comfort with every step.*



## Exercise is great for your feet and your health.

Exercise for no less than 150 minutes a week (moderate aerobic activity) or 75 mins a week of Vigourous aerobic activity. Exercise in sneakers/ trainers. Shoes should be at least a thumbs width longer than your longest toe; Be able to wiggle your toes in the shoe with socks on. Your sports shoes can be a half to full size over your usual shoe size. Size does not count only comfort. Check your Doctor before you start any exercise program.

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774

**NAOT**

**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# March 2016

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*Comfort with every step.*



## Foot tips for pregnancy;

- 1 Keep your nails well trimmed
- 2 Relieve foot pain with ball of foot cushions, arch supports & footwear
- 3 Elevate your feet when resting to reduce swelling
- 4 Control the use of harmful toxins like nail polish and nail polish removers
- 5 Reduce the use of high heeled shoes

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# April 2016

March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Comfort with every step.*



## Childrens feet are precious;

Toddlers should be allowed to walk with no shoes as much as possible this helps with normal foot development, Buy shoes with your child so they can fit them or have their feet measured, childrens feet are still developing too big or too tight shoes are not appropriate.

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



# May 2016

April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

*Comfort with every step.*



**Did you know that 50% of people with poor arterial circulation will show no obvious signs of symptoms?**

Do you have cramps in your feet when walking? Do you have numbness, burning or tingling in the hips, buttocks, legs or feet? DO you smoke, have diabetes, high blood pressure, or high cholesterol? Are you over 50 years of age? Know your status. What type of poor circulation you have Arterial -(vessels taking blood from the heart) or Venous (vessels taking blood to the heart)? Check with your Doctor

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774

**NAOT**

**LucRo**  
by scheln

**APEX**

**Dr. Comfort**



# June 2016

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

*Comfort with every step.*



**Treat dry skin by moisturising with foot cream twice daily.**

Cream should be applied to the tops and soles of the feet. A pumice stone or foot file can be used just before stepping out of the shower to remove excess dry areas from your feet. Corns and Calluses can be painful seek professional help early. Fun foot fact: Women have about four times as many foot problems as men. High heels are partly to blame.

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774





# July 2016

June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

*Comfort with every step.*



## Flip flops should be chosen with care

- Your heels and toes should be on the shoe
- Make sure you wear the right size
- If the flip flop has an arch support this is better for your foot function.
- They are not a good shoe for diabetics. Remember wearing shoes that are too flat put undue strain on your heels, achilles, and back.

*The American Podiatric Medical Association, (APMA), recommends a heel or wedge "no more than 3/4 for women" and "adequate cushioning to ease pressure on feet."*



authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# August 2016

July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Comfort with every step.



## Party feet need to be happy feet.

Soaking your feet dries your skin, cream them instead. The feet can contract some unpleasant diseases from communal showers: Athletes foot, Planters Warts, Ring worm, use protective wear in communal showers.

*Fun Fact: 1. The record for the world's largest feet belongs to Matthew McGrory who wears US size 28 1/2 shoes. The average men's size is 10 1/2. 2. When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.*

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# September 2016

August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Comfort with every step.



## Your shoes have an anatomy:

*Heel* – should have a broad base, and be no higher than 4 cm

*Heel Counter* –reinforces the heel cup and stabilizes the foot upon ground contact

*Sole* – Cushioning and protective for comfort, with enough grip to prevent slipping

*Linings* – breathable materials like leather or fabric keep feet fresh; smooth and seam-free

*Fastenings* – laces or straps with buckles or touch fastenings help to hold the foot securely within the shoe

*Toe Box* – sufficient depth to prevent rubbing and allow toes to wiggle



authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774

**NAOT**

**LucRo**  
by scheln

**APEX**

**Dr. Comfort**

# October 2016

September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

*Comfort with every step.*



**A custom orthotic is a device placed in your shoe** it is designed to align your foot and ankle to function efficiently. They look like insoles, but are biomechanical medical appliances, made for your specific foot imbalances. Custom orthotics work on your feet much like glasses work on your eyes - they reduce stress and strain on your body by bringing your feet back into proper alignment. They can be used to treat

- Localized foot pain,
- Arch/heel pain,
- Bunions, hammer toes,
- Leg/knee pain

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



# November 2016

October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

*Comfort with every step.*



## Diabetic foot disease is challenging. Know your risk.

Are you Neuropathic (cannot feel your feet) or do you have a reduced blood flow to your foot (poor arterial circulation)?

Check your feet daily even if you have to use a mirror to see the bottom of your foot. See your Podiatrist or someone who specialises in diabetic foot care if you notice a problem. Wash and dry your feet daily. Nail punctures place bacteria deep in your foot this can cause an amputation it is important you see your footcare specialist for attention as soon as possible

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



# December 2016

November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

January 2017

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Comfort with every step.*



**Standing for long periods, aching legs, swelling of feet?** Think of support stockings. You should be measured to ensure you have the right fit. The strength of compressions also vary you will be prescribed based on your individual needs.

authorised agents for

**BIRKENSTOCK**  
Made in Germany • Tradition since 1774



**LucRo**  
by scheln

**APEX**

**Dr. Comfort**