

FOOTNOTES2010

NEWS YOU CAN USE FOR SPRING 2010

Spring is Here!

It's time to get out of the house and enjoy warm weather activities like walking and running. But be cautious! Sudden increased activity following a winter of inactivity can result in unwanted heel pain, also known as plantar fasciitis.

This painful condition results from inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. Starting repetitive activities such as a new exercise routine, even continuous standing or walking on a daily basis, can put a lot of stress and strain on the ligaments in the foot, resulting in the inflammation and pain.

The good news is heel pain can be cured. The key to success in eliminating the pain is early treatment; heel pain can become chronic and debilitating if not cared for properly. Our office can

help you find relief with therapies including:

- anti-inflammatory medications
- stretching exercises
- orthotic devices
- physical therapy
- footwear modifications
- activity limitations



Although most patients with plantar fasciitis respond to non-surgical treatment, a small percentage of patients may require surgery. If, after several months of non-surgical treatment, you continue to have heel pain, surgical options can be discussed.

Don't let heel pain stop you from enjoying the beauty of spring. If you are suffering from heel pain, make an appointment with our office so you can resume your healthy, active lifestyle. 🌱

Keep Your Child's Feet in the Game

Spring soccer season will soon be in full swing; don't let your child be sidelined by toe pain. Tight or hand-me-down cleats combined with repetitive kicking can lead to painful ingrown toenails. It's a common condition among all age groups, especially children. A nail becomes ingrown when its corners or sides grow into the skin of the toe, causing discomfort, redness, swelling and sometimes infection.

While tight shoes or socks and incorrect nail trimming are the usually cause of ingrown toenails, sometimes children inherit the tendency for nails to curve. You can help prevent this painful condition by following a few simple tips:

- Make sure children's sports and day-to-day shoes fit properly. Improper shoe width often contributes to ingrown toenails. It is important for the widest part of the shoe to match the widest part of your child's foot.

- Teach children how to trim their toenails properly. Toenails should be trimmed straight across and not cut too short.
- Make it a habit to check your children's feet starting at a young age. Oftentimes kids hide their foot pain from their parents.

If your child develops an ingrown nail, the only permanent cure is with a minor procedure performed at our office. Don't ever try to dig the nail out or cut it off yourself. These dangerous "bathroom surgeries" carry a high risk for infection.

As always, we are here to provide care for your entire family. If you have questions about your child's feet, don't hesitate to contact our office. 🌱





Enjoy Pregnancy without Foot Pain

“Oh my aching feet” is a phrase heard frequently in our practice from pregnant patients. Many believe their sore feet are a symptom they just must deal with during their pregnancy. But, the good news is, there are many remedies available to help alleviate foot pain

If you are pregnant, our office offers the following tips to help keep your feet more comfortable.

Painful, Swollen Feet—Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don't cross legs when sitting.

Arch Pain—Pain in the arch can be due to both arch fatigue and over-pronation (or the flattening of the arch). Over-pronation causes extreme stress to the ligament (the plantar fascia) that holds up the arch of the foot. The best way to prevent arch pain is to perform calf stretches in the morning and before and after any exercise, don't walk barefoot, and wear supportive low-heeled shoes.

Ingrown Toenails—Excessive stress from tightly-fitting shoes causes painful ingrown toenails. Give your feet a break: wear wider shoes during the last trimester of pregnancy to prevent ingrown toenails. If you do experience an ingrown toenail, avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. It is best to seek treatment at our office.

Don't worry if you've noticed a change in your foot size during your pregnancy. Permanent growth of a woman's foot, up to a half a size, can occur from the release of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer.

Pending motherhood should be a joy. If foot pain persists, a visit to our office can provide relief with conservative treatments such as physical therapy, foot orthotics, supportive shoes and minor toenail procedures. 🍀