

THE FOOT & ANKLE SURGEON



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Cycling—your feet affect your performance

Are you an avid cyclist? Whether you're competing in races or just enjoying the sport on your own on a regular basis, if you're serious about your cycling, you need to consider how your feet affect your performance.

Start with the right shoes

Shoes made specifically for cycling or cross-trainers made for two sports, such as cycling and hiking, should meet the requirements. The important thing is to choose shoes that provide plenty of support. You don't want to experience an arch collapse that will cause further foot problems. Often, orthotics are needed to provide the right arch support and avoid injuries to the feet.

Consider the source

Many people don't realize that the source of pain in the legs or knees is frequently the feet. Biomechanical problems can irritate these other body parts. Professional podiatric diagnosis and treatment can help correct problems to relieve pain and enhance performance.

Pain in the knees, for instance, can be traced to the positioning of the feet on the pedals. A change in footwear can help correct this problem and avoid further pain. Shin splints can be traced to collapsing arches, which can also be helped with orthoses.

Stretch it out

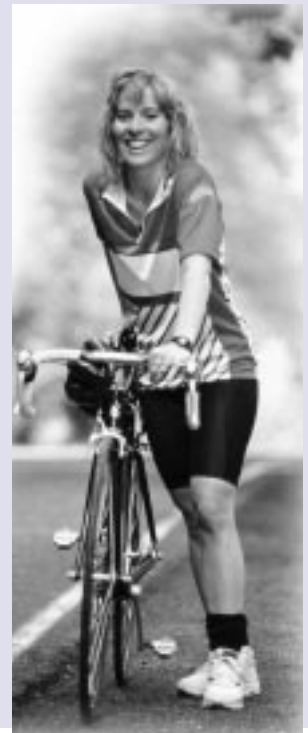
Taking time to stretch all the major muscle groups that are used during a

cycling workout can also help avoid injuries, especially overuse injuries. Stretch the calves, gluteal muscles, hamstrings, and quadriceps before beginning a workout or race. Proper stretching can help prevent a myriad of injuries.

Put your foot to the pedal

Of course, pain in the feet requires professional podiatric treatment as well. Numbness of the toes, problems with the Achilles tendon, bunions, and other foot problems cause pain and interfere with performance. By seeking regular podiatric care with regard to your cycling habits, you can prevent and relieve pain,

and even improve performance. We'd love to help you put your best foot forward with regard to your chosen sport. Please contact us about how we can help you be the most you can be.



Thank you for all your referrals. We appreciate them!



Achilles tendonitis— your foot's weak spot

Have you heard the story of Achilles? The Greek warrior is remembered in both mythical and medical literature for the foot injury from which he suffered and died. According to the myth, Achilles' mother dipped him in the River Styx as an infant. Her purpose was to make him immortal. However, she held the infant by the heel as she dipped him into the water, and that spot became his downfall. The heel was his area of vulnerability, and one carefully aimed arrow from the bow of Paris proved a mortal wound for Achilles, ending his life during the Trojan War.

Achilles tendonitis won't kill you, but it can be extremely painful. This injury happens when the tendon is stretched beyond capacity. This may happen repeatedly or suddenly. Climbing or running uphill or doing ballet can result in this problem. Switching from high heels to flats can aggravate the condition. The symptoms of Achilles tendonitis include pain in the heel and ankle, and inflammation of the lower leg. This injury is distinct and seldom, if ever, confused with another condition.

Preventing this condition means wearing high-quality shoes that provide plenty of support. When the heels start to wear, it's time for new shoes. If you're a runner, be sure to warm up with lots of stretching and other exercise before working out.

If a problem does occur, try to rest as much as possible. Use ice and elevation, and stretch the area gently as it heals. A professional evaluation is often necessary to diagnose and treat the problem.

Daily inspection

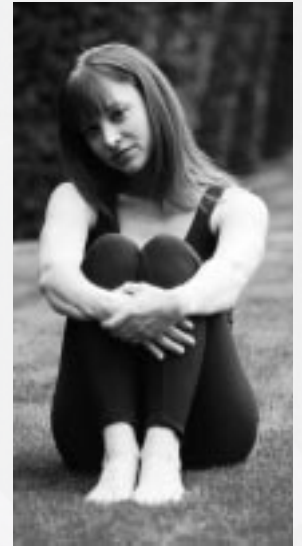
Do you look at your feet? Every day you look in the mirror. You fix your hair. You may fix your tie or look closely at your teeth to be sure they are completely clean. But how often do you look at your feet?

Oh sure, they get the necessary toenail trim, but do you ever REALLY look at them? The image you see in the mirror each day tells you something about your overall health. What you see when looking at your feet can say a lot about your health as well. Circulatory problems, for instance, may first crop up as a symptom in the feet.

Each day, take a careful look at your feet. Give them a real inspection. Is your skin soft and supple, or dry and scaly? If it shows signs of the latter, you may need a moisturizer. Combined with other symptoms, you may be dealing with athlete's foot.

Look at your toes and feet with an eye for bunions, calluses, warts, corns, or blisters. If you see them before you feel them, you have a better chance of eliminating them more quickly.

Look carefully for signs that something is wrong. If you spot trouble, don't hesitate to call us for a professional opinion.



What toes know

Think about your toes. Picture all five of them on each foot. Which of each five do you think works hardest for you as you walk, run, or meander through your day? If you guessed the big toe, you're correct.

Whether you're running, walking, or strolling, the big toe, also known as the hallux, is the one that propels you forward and off the ground. Big toes seem to know that if they aren't working correctly, they can get your attention. Often, they do that by forming bunions.

A bunion is a lump that forms on the inside of the foot near the base of the big toe. It is bony and frequently swells or hurts. Bunions occur when the joint of the first toe pushes the big toe toward the second toe. Many times, bunions are irritated by shoes rubbing against them, but they can also ache—especially after long walks.

The good news is that you don't have to live with a bunion. These bony nuisances can be treated. Often, we recommend surgery to reposition the muscles and bone, and straighten out the toe. Let us help you keep your hard-working big toe on the job.





We specialize in your feet

Feet are our specialty. Just as restaurants specialize in certain dishes, many doctors specialize in specific body parts. When you need tooth care, you see a dentist. When you need to have your vision checked, you see an eye doctor. For foot problems, you come to us.

Podiatrists are experts in foot care. We understand the relationship between the health of the feet and the overall health of the body. The feet are called the mirror of the body. That's because problems that affect the whole body, such as diabetes, often manifest themselves in the feet. These problems can be identified during a podiatric exam to the benefit of the whole body.

Many people think they don't need regular podiatric treatment, but they also may live with pain that a podiatrist could remedy. Sprained ankles, ingrown toenails, odor problems, skin ailments of the feet, and other foot problems can all be helped with podiatric treatment. People may just wait for problems to heal themselves, but that's not always going to happen. Why live with pain when there's a specialist to help take it away?

If you're suffering from any kind of foot pain, visit us. We can help discover the true nature of the problem and find a treatment to help relieve pain, making your steps through life more comfortable.

In the meantime— take care of your feet while waiting for baby to arrive

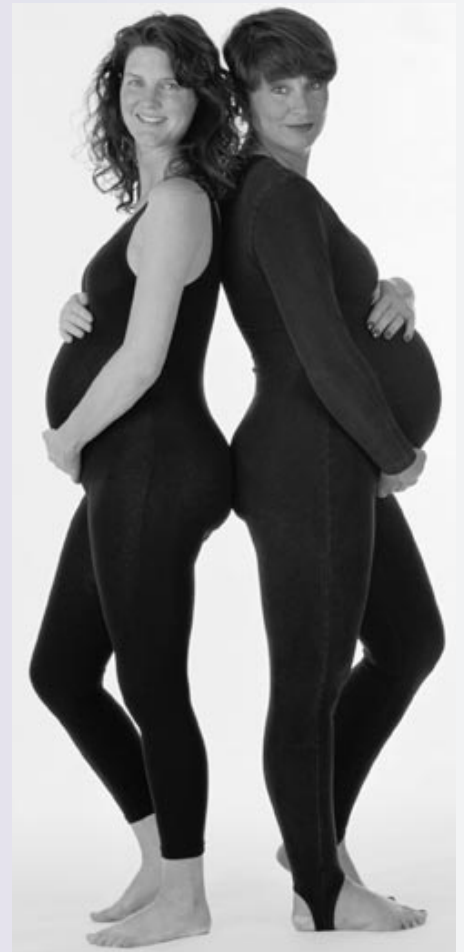
Pregnant women are far more likely to be thinking about counting the toes on their new baby than they are to be thinking about their own two feet. However, their feet will most likely find ways to get the attention they need.

As a woman's body changes during pregnancy and as she puts on weight, the feet feel the added pressure. Both the feet and the legs will fatigue more easily, and leg cramps and varicose veins may occur. However, the most dangerous change that may occur is a problem with balance.

When her body has changed so drastically, it may become difficult for a woman to maneuver around. She may not be as steady on her feet. This is a time where high-quality, low-heeled shoes that provide plenty of width and support are necessary. Low, broad-heeled shoes and sneakers are good choices. If conditions permit, going barefoot may also be an option. The additional weight of pregnancy may also magnify existing foot problems. During pregnancy, corns, calluses, and other foot problems should all receive regular, professional care.

Feet and ankles frequently swell during pregnancy. This is especially true in warmer months. That's why shoes should be well fitted and have lots of toe space. Loose shoes can contribute to balance problems, so a good fit is very important.

Caring for your feet while you are pregnant may help you avoid back problems. Walking is an excellent exercise during pregnancy as well as after the baby is born. Healthy maternal feet will be in demand when the patter of little feet arrives.



Center for Advanced Foot & Ankle Surgery

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*Here's your
foot care newsletter!*

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Days & Hours

| | |
|--------|---------------------|
| Mon. | 9:00 a.m.-5:00 p.m. |
| Tues. | 9:00 a.m.-5:00 p.m. |
| Wed. | 9:00 a.m.-5:00 p.m. |
| Thurs. | 9:00 a.m.-5:00 p.m. |
| Fri. | 9:00 a.m.-3:00 p.m. |

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The pain of standing

Standing in one place for a long period of time can be very hard on the feet, legs, and back. Many workers spend extensive hours on their feet, and while they may not suffer direct injuries, all that standing takes its toll. Some of the immediate effects of prolonged standing include swelling in the feet and legs caused by circulation problems. Poor posture and leg and back pain, which may be related to foot problems, might also result.

When the feet are swollen and inflamed on a regular basis, scar tissue may form. This can affect the structures of the foot bones, ligaments, and muscles. When these structures can no longer provide stability or absorb shock, the rest of the body—knees, hips, back—will begin to suffer as well.

What can be done to avoid these problems when it's necessary to spend so much time on your feet? Begin with a good pair of shoes that are made for work. They should absorb shock, have short heels, provide arch support, and leave plenty of room for the toes to move freely. Flooring that has some give can also help. Special mats that prevent fatigue can alleviate discomfort. Other precautions include changing position often, putting one foot on a rest, and taking regular breaks.

If you have to spend many on-the-job hours standing, contact us about ways you can protect your feet from problems and pain. We can perform an examination that will include questions about your occupation, which will help us evaluate the best ways to help you prevent foot problems or alleviate the pain you may already feel.

"I've got spurs..."

...and how they hurt my feet!" If this is your lament, then you are probably feeling the intense discomfort of heel spurs. Heel spurs cause pain near the front part of the heel and even in the arch. The pain is usually worse when getting out of bed or rising after a long period of sitting. Pain may also occur when you press on the heel, especially at the front.

A heel spur grows when the plantar fascia—the band that runs between the heel and the forefoot—is stretched severely and pulls away from the heel bone. Oftentimes, this causes some bleeding around the heel bone. This blood may calcify and form a heel spur—a tiny piece of bone attached to the heel bone. The spur then irritates the surrounding tissue. Stretching of the plantar fascia may be caused by flat feet or another problem.

Initial treatment for this condition may include icing the area. Professional treatment for heel spurs often means cushioning the heel and helping to lessen the shock of walking. A heel cup or cradle or a special orthotic may be prescribed.

You should never live with foot pain. Whether it's caused by a heel spur or other problem, foot pain can often be relieved with professional treatment. Call us for the help you need.