

# FOOTNOTES2010

NEWS YOU CAN USE FOR WINTER 2010

## Beautiful Winter Wonderlands can be Dangerous for Feet and Ankles

Whether you live in a cold-weather climate or you're just vacationing in one, the winter season can be beautiful but also very dangerous, with snowy, icy walkways. Using caution when outside or traveling to wintery areas can help prevent ankle sprains and fractures from ruining your plans for enjoying the winter months.

### Wear the right shoes for the weather

High-heeled boots may be fashionable but not very practical on slippery surfaces. Shoes or boots with a low heel and traction soles provide a more secure footing. If you need to wear high-heeled shoes, change into them when you arrive at your destination.

### Check for slippery areas

Watch your step when exiting your car or walking out of a building. Take notice of any potentially icy areas. Keep your hands free to support and help provide balance in case you begin to fall.

### Keep areas near doorways well-lit and clear of ice and snow

Areas around your house, especially stairs and sidewalks, should be well lit so that you and your guests can better detect icy areas.

### Don't ignore an injured foot or ankle

If you do suffer an injury, don't delay in calling our office for prompt evaluation and treatment. In the meantime, the R.I.C.E. method should be followed.



**Rest:** Stay off the injured (foot/ankle). Walking may cause further injury.

**Ice:** Apply an ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

**Compression:** An elastic wrap should be used to control swelling.

**Elevation:** The (foot/ankle) should be raised slightly above the level of your heart to reduce swelling.

Delaying treatment can result in long-term complications such as chronic ankle instability and pain, arthritis, or deformity. Remember, even if you are able to walk on the injured foot, you may still have a serious injury. 🍌



## New Year; New Healthier You

Let 2010 be the year of a healthier you. If you've been putting off having foot surgery to correct bunions or hammertoes, make a commitment to yourself for fit feet this year. Something simple as having healthier, pain-free feet can make a huge difference in your overall health and well-being.

Many patients don't realize, in most cases, advances in surgical techniques have made bunion and hammertoes correctable with outpatient surgery and patients return home the same day. Don't let painful foot conditions slow you down another year. Call our office to schedule an examination to determine the best treatment approach and make this your year of healthy feet! 🍌

# Healthy Feet Make the Best Dancing Feet

## Don't ignore foot pain on the dance floor

Being 'light on your feet' when dancing is not entirely true; dancing the night away can take a toll on feet and ankles. If you enjoy dancing, don't let foot injuries stop the show, be sure to protect your feet and ankles.

The most common types of dance-related foot and ankle problems are overuse injuries, which occur due to the repetitive movements in dance. Over 50 percent of dance injuries occur in the foot and ankle. The severity of the damage is often determined by a dancer's age, strength and flexibility and the type of shoes worn when dancing.

Other common types of injuries related to dancing can include:

- stress fractures (hairline breaks in the bone) from repeated jumping and landing
- foot neuromas (thickening/irritation of the nerves in the ball of the foot) resulting from repetitive pivoting
- shin splints (pain and swelling in the front of the lower legs) which can be aggravated by recurring activities
- tendonitis (inflammation of the tendons in the foot) from over exertion
- corns, calluses or blisters—all painful skin irritations resulting from repeated rubbing of the skin on the feet.

What's the best defense to protect your feet and ankles?

- Wear appropriate shoes to properly support your feet and ankles
- Perform dance moves that best fit your skill level



If you do suffer an injury, it is important to make an appointment with our office as soon as possible. Prompt medical attention by a foot and ankle surgeon can make all the difference in a proper rehabilitation. Most dance injuries can be treated with conservative care as long as they are not ignored. Don't dispel foot pain even if you can walk on it; remember it is possible to walk on a seriously injured foot. Common injuries, if left untreated, may require surgical intervention to ensure proper healing. 🍀