

## Our Office

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## Find Us



Blog

## Watch Your Child for Signs of Any Foot Problems

Compared to adults, children don't often experience foot pain because the tissue in their feet is more flexible and resilient. The feet are the body's foundation and also must last a lifetime, so watch baby's feet for any potential foot problems and take action as soon as they are detected.



### Sever's Disease

This condition is not really a disease but a problem during a growth spurt when the heel bone grows too fast, causing the tendons and muscles to be over-stretched. In addition to heel pain, other symptoms of Sever's disease include difficulty walking, limping and pain when the back of the heel is squeezed.

If your child has heel pain, please come see us. We can help reduce stress on the heel bone:

- Stop all sports until pain-free.
- Apply ice several times a day.
- With a doctor's permission, take anti-inflammatory medications.
- Add inserts to shoes to cushion the heel area.
- Gradually introduce gentle stretching exercises or physical therapy.
- Apply a cast if necessary to rest the heel.

### Clubfoot

Clubfoot is a foot deformity that is present at birth. In the most common type, the foot points down and twists inward at the ankle. Often the foot is smaller and the child may have stiff foot joints.

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This foot deformity must be treated - it will not correct itself. A child with a more flexible type of clubfoot requires a cast that is replaced every few weeks as the foot moves toward a correct position. For more severe and rigid cases, surgery may be required, usually when the child is between 4 and 8 months old.

### **Flat Feet**

Flexible flat foot, also called a pronated foot, is usually painless in small children. You'll notice it if, when your child stands, the arch disappears. There is cause for concern if the child experiences pain or if the foot also pronates or rolls inward at the ankle.

Many children grow out of this condition but not all. We can prescribe custom-fitted orthotics to relieve pain and fatigue. Heel stretching exercises can help reduce discomfort.

### **Toe Walking**

Many babies just learning to walk will toddle about on tip toe and that is completely normal as most children grow out of it. However, if your child continues walking on the toes, it could be a sign of another problem.

Toe walking can be caused by leg length differences, Achilles tendon shortness, spinal cord abnormalities or certain neuromuscular conditions. It's important to be seen by a foot doctor for the right diagnosis and treatment plan as persistent or severe cases may require casting or surgery. Please call our office if you have any questions on your child's toe walking.

## **Treating Painful Cracked Heels**

If you have cracked heels, you know that they are not only unsightly but can also be very painful when standing. If the cracks deepen further, they often bleed and in severe cases can become infected.



Individuals with naturally dry skin often develop heel cracks because of mechanical factors - for example, the way you walk may place increased pressure on your heels. If you stand a lot especially on hard surfaces, wear open-back shoes, have a skin condition such as eczema or psoriasis, take certain medication or are overweight you may be prone to heel cracks.

### **Treating Cracked Heels**

Try massaging the areas with an oil-based moisturizing cream twice a day. After bathing, gently rub with a pumice stone. Never use scissors or a razor blade to thin the rough skin because of the risk of infection.

If home remedies don't work, come visit our office where we will examine your feet to determine the cause of the problem. We can medically remove excess dead skin and discuss other methods of binding the area to allow the cracks to heal.

Sometimes healing your heels requires a professional touch - call our office today!

## **History FootNote**

Early Egyptian paintings show primitive treatment of club foot involving casting the foot after manipulation with a wrench.

## **Celebrity Foot Focus**

Kristi Yamaguchi - figure skating Olympic gold medalist, Steven George Gerrard - world soccer superstar, Mia Hamm - Olympic gold medalist in soccer and Charles Woodson - NFL football star and Heisman trophy winner were all born with one or more club feet.

## Joke of the month



### Digging a Hole

A passer-by watched two workmen in a park. One was digging holes and the other was immediately filling them in again. 'Tell me', said the man watching, 'What on earth are you doing?' 'Well', said the digger, 'Usually there are three of us. I dig, Joe plants the tree and Sean fills in the hole. Today Joe called in sick, so Sean and I are carrying on without him.'"

## Trivia

*On March 7th, 1876, Alexander Graham Bell received a patent for the...*

- A. Incandescent Light Bulb
- B. Radio Telegraph
- C. Telephone
- D. Gramophone
- E. Graham Cracker

**Answer C.**

# DEAL OF THE MONTH



Deal available during the entire year 2016

March 2016

## CLARUS™ Antifungal Solution

CLARUS ANTIFUNGAL SOLUTION, 1% Tolnaftate, is a safe, effective, oil-soluble formulation indicated for the treatment of athlete's foot (tinea pedis), ringworm (tinea corporis) and fungal toenails (Onychomycosis). The proprietary vehicle contains a menthol derivative combined with essential oils designed to enhance the penetration of tolnaftate.

### Product and Attributes:

- Oil-soluble Tolnaftate
- Will not stain
- Pleasant scent
- No removal or cleaning of residue
- Includes a convenient Applicator Brush
- Paraben-free
- Clear and fast drying

**CLARUS ANTIFUNGAL SOLUTION** is distributed directly to physicians, dispensed at the point of care directly to patients, and offers a no-risk, unconditional, patient-direct money-back guarantee.



*Toenails grow an average of one millimeter a month, which can take up to a year for the toenail to fully grow out.. Results from Clarus Antifungal Solution should be noticeable after at least 6 to 9 months after being applied twice daily.. An in office toenail biopsy can verify the presents of Onychomycosis (toenail fungus).*

**\$40 for a 3 month supply if treating all 10 toenails being applied twice a day. Ask your Podiatrist if this is right for you. Get your feet ready for spring!**

Clarus Antifungal Solution Available in a 0.5 fl oz (15 mL) bottle.

## Word Search

P L O M G P I W R M S V I S N  
 I A R Q A S U C K E A R J Y D  
 W Z T B S E E M L S N U E X C  
 S H H K D T D V I U G Z W M R  
 T F O M Z X R E E C B H F B A  
 R J T D K D J E F R E F T Q C  
 E X I A I F S M T O S X O H K  
 A S C T H A M O X C R L K O S  
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 M R W N E S M N I P X I I B X  
 E G W D L U G D O M V D N T Y  
 N E P O C E U Q G S K B S G Y  
 T R W N N H K D N T I B P P R  
 V Y P R O N A T I O N S D D Y  
 M O I S T U R I Z E R H I U P

moisturizer	stretching	deformity	pronation
orthotics	diagnosis	clubfoot	severs
pumice	treatment	surgery	cracks
tendon	heel		



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### Meet our Doctors



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**



**Mark Maurer, DPM**

To Sign Up for Our Newsletter, Visit Our Web Site at: [www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)