

## Our Offices

### Pueblo Colorado

1619 North Greenwood  
St. #300  
Pueblo, CO 81003  
Phone: (719) 543-2476  
Fax: (719) 543-2479

### Pueblo West Colorado

729 E Spaulding Ave  
Pueblo West, CO 81007  
Phone: (719) 543-2476  
Fax: (719) 543-2479

## Find Us



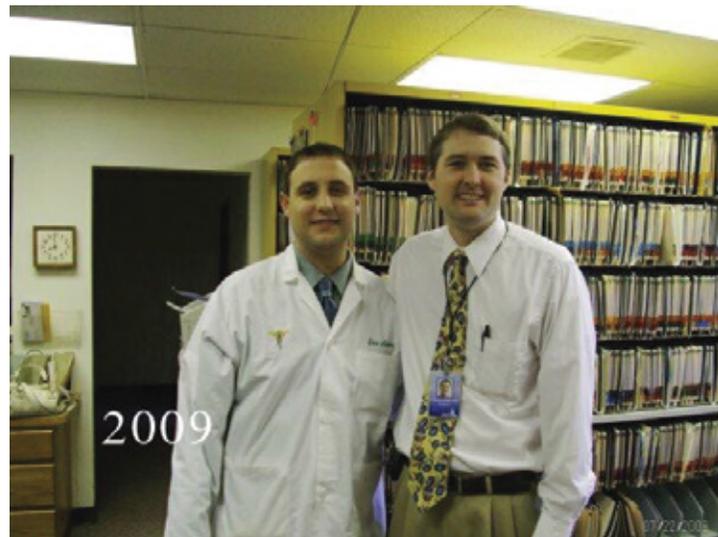
Blog

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## Office News

Flashback- In 2009, Dr. Lewis is seen here leaving for medical school.



Flash Forward to 2017: Dr. Lewis and Dr. Marble signed as partners on October 8th.



## History FootNote

Although a foot neuroma was documented by Queen Victoria's chiropodist in 1845, it was named Morton's neuroma in 1876 after Philadelphia physician and surgeon Thomas G. Morton.

## Celebrity Foot Focus

Aerosmith's lead singer Steven Tyler might sing out "Walk this way," but he suffers from chronic pain and gnarled toes caused by Morton's neuroma.

# 5 Tips To Keep Your Feet Happy This Holiday Season

The holidays are in full swing and our feet must carry us through days of shopping, cooking, decorating, visiting and traveling.

Take good care of your feet so they will take good care of you! Here are our top 5 holiday foot care tips to keep you cruising through holiday fun:

- **Keep your feet warm and dry in cold weather.** Wear padded socks made of wool and synthetic fiber blends to wick away moisture and prevent blisters and fungal infections. Take off wet shoes and socks as soon as possible and put on snug, dry footwear and socks.
- **Prevent skin dryness and cracking.** Apply a rich, emollient foot cream or lotion every day. Avoid the area between the toes, especially if you have diabetes.
- **Take a break!** Walking for long periods on hard surfaces like tile, hard wood floors and concrete can really strain your feet. Sit and rest with a hot drink every couple of hours.
- **Limit the time you spend in high heels.** These shoes cause your weight to press on the ball and heel of your foot and can result in inflammation and injury. Your gait and posture are affected, possibly injuring the Achilles tendon, foot arch and muscles in lower legs and feet.
- **Break shoes in before wearing.** If you are traveling, don't pack new shoes - your visit may be spoiled by blisters and sore feet. Wear new shoes for brief periods to break them in before venturing out.



## Several Foot Conditions Can Cause Pain in the Ball of the Foot

It's very common to feel pain in the ball of your foot. The pain can be intense or can be a milder discomfort, such as feeling like you have a stone in your shoe.

There are several conditions that may cause this type of pain or discomfort - here are 3 of the most common:

### Metatarsalgia

A common injury for athletes who participate in high-impact sports with running or jumping, Metatarsalgia is pain and inflammation of the ball of the foot. The pain usually develops over a period of time and often is worse when walking or running.

High-impact sports with running or jumping may lead to metatarsalgia, as can a tight Achilles tendon, excessive pronation, poorly-fitting footwear or a hammertoe deformity.

Initial treatment includes icing and applying pressure via a compression bandage, as well as rest and avoiding weight-bearing. Using metatarsal pads and custom-made orthotics can help provide relief. Stretching and strengthening exercises are essential to gradually return to higher-level activities.

### Morton's Neuroma

A swollen or thickened nerve in the ball of the foot is called a Morton's neuroma. This swelling can make it painful when you walk and may feel like pain or burning under your foot, or like you are standing on a pebble or a fold in your sock.

This neuroma develops in response to pressure, injury or irritation to one of the nerves leading to your toes and can be caused by wearing high heels or tight shoes, repetitive trauma from high-impact sports or foot deformities including flat feet, high arches, bunions and hammertoes.

Conservative treatments for a Morton's neuroma include resting and using arch supports, foot pads or orthotics to reduce nerve pressure. Changing your footwear to those with extra depth and a broad toe box will help too. Steroid injections or surgery should be discussed if non-invasive treatments fail.

### Sesamoiditis

Sesamoiditis is inflammation of the sesamoid bones and surrounding area located on the bottom of the foot under the big toe. You'll feel inflammation and pain, especially when walking on the affected foot.

Those who participate in activities that stress the toes and forefoot are at risk of sesamoiditis, including soccer and football players, dancers as well as catchers and pitchers. But inappropriate footwear including high heels can cause this injury too.

Resting is important to avoid stressing the area. Strapping the big toe may accelerate the healing process. Orthotics can help redistribute pressure away from the damaged bone. A corticosteroid injection into the area can help reduce inflammation. High-impact sports should be gradually reintroduced to avoid re-injuring the bones.



## Trivia

*If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.*

- A. True
- B. False

If you answered A, you're right! Heel pain is the No. 1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament on the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.

## Joke of the month



1. Where do Santa and his reindeer go to get hot chocolate while flying in the sky?

Star-bucks

2. What do you call the fear of getting stuck in a chimney?

Santaclaustrophobia



**Pueblo**  
Ankle & Foot Care, LLC

## Deal of the Month

December 2017

### Amerigel Care Lotion

**\$5 off! \$15 this month only!**

Rehydrate and soothe dry, irritated skin with AMERIGEL Care Lotion's advanced deep penetrating formula. The Care Lotion's quick-absorbing blend of ingredients work to soften and exfoliate corns and calluses while moisturizing to promote healthy skin.

The hypoallergenic cooling formula is gentle enough for sensitive skin, non-greasy, fragrance-free, oil-free, dye-free and will not clog pores. The AMERIGEL Care Lotion has earned the APMA Seal of Approval and is recommended by Podiatric Physicians for Diabetics daily skin care.



**Moisturizing Skin Conditioner**  
REHYDRATES AND SOOTHES DRY, IRRITATED SKIN  
Podiatrist Recommended for Dry Skin  
Associated with Diabetes **BUY NOW**

## Word Search

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

# Word Search

metatarsalgia	sesamoiditis	inflammation	podiatrist
Aerosmith	pronation	deformity	injection
hammertoe	blisters	athlete	bunions
massage	tendon	diabetes	orthotic
posture	neuroma	injury	muscle
icing	nerve	pain	heel
gait			



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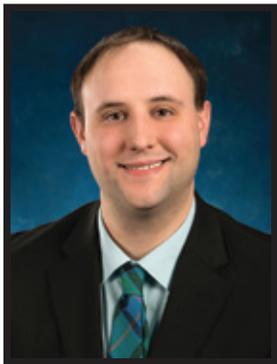
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Pueblo West, CO 81007  
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## Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau

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