



e Newsletter

October 2018

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## Find Us



Blog

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## The ABC's of Common Foot Problems

Sometimes keeping healthy can be **as easy as ABC** – but not when it comes to certain foot problems.



All too often we overlook pain and discomfort in our feet, making excuses like "It's been a long day" or "Foot pain is just part of aging." These explanations are just not true! Foot pain is not normal. Don't ignore foot problem ABC's – we can help!

### Achilles Tendonitis

The Achilles tendon is the largest in the body. This tendon connects your calf muscles at the back of your leg to the heel bone. Achilles tendonitis is inflammation of the tendon because of overuse.

Symptoms of Achilles tendonitis include aching above the heel or in the back of the leg after sports or running. You may experience more serious pain after climbing stairs or sprinting. The pain or stiffness may be worse in the morning.

Physical therapy and custom-fitted orthotics can ease the pain and promote healing. However, Achilles tendonitis can lead to a tendon tear or rupture which will require surgery.

### Bunion

If you wear shoes that are too tight or narrow, you may develop a bunion. This bump forms on the joint at the base of your big toe and causes the toe to push against the next one. Other causes of bunions are foot stress, arthritis or an inherited defect.

Bunions can be sore and red, and calluses may develop from friction on your shoes.

Please come see us if you feel that you have a bunion. It will not go away on its own and complications like bursitis, hammertoe and inflammation of the ball of your foot may occur. Custom-fitted orthotics, taping or splint the foot into a better position and wearing shoes with a roomy toe box can relieve the pain and pressure of a bunion. Surgery may be required if the bunion causes you excessive pain or restricts your movements.

### Calluses and Corns

These skin problems are very common but may be stubborn to heal. Appearing as thick, hardened layers of skin, they can be unsightly but may also cause pain when pressure is applied.

....continued on page 2

## History FootNote

More than 200 years ago, the Royal Central Institute of Gymnastics in Sweden was the first documented professional physical therapy group. Its founder, Per Henrik Ling, is also the originator of Swedish massage.

## Celebrity Foot Focus

The football season has already taken its toll on several players. Panthers' tight end Greg Olsen may have reinjured his foot recently after last season's Jones surgery on his right foot.

## ....continued from page 1 The ABC's of Common....

Calluses are usually found on the soles of your feet while corns appear on the tops, sides and in between the toes. Corns and calluses form when shoes don't fit properly – too tight or too loose – resulting in damaging friction. A visit to the foot doctor is necessary when the pain becomes excessive or the skin appears infected.

Caution for patients with diabetes – any skin problem on your feet can be cause for concern as it may worsen into an ulcer. DO NOT try trimming the callus or corn yourself and don't apply any over-the-counter acid products.

## Physical Therapy Goes Hand in Hand with Healing Foot Problems

At our practice, we often prescribe physical therapy (PT) to help with a variety of foot problems. PT strengthens muscles, increases flexibility, promotes balance, builds range of motion and supports structural alignment.

October is National Physical Therapy Month and the perfect time to recognize the different ways that we partner with physical therapists to heal a variety of foot conditions:

- **Treating foot and ankle problems and injuries.** PT can help relieve the pain and swelling of injuries and foot conditions. For example, plantar fasciitis heel pain can be eased with treatments to decrease inflammation. Plantar fasciitis exercises include those for stretching, strengthening and balance.
- **Post-surgery.** We typically prescribe PT following foot surgery to help facilitate a speedy recovery. PT is often crucial to help the patient regain motion and strength, and to ultimately return to daily activities.



After a thorough examination, a physical therapist will set goals for the patient's function, flexibility and movement. The therapist designs an exercise program tailored specifically to the patient's individual needs and abilities.

PT treatments can utilize a range of treatments including targeted stretches and exercises, ultrasound, electrical stimulation, massage and cold or heat applications.

It's important that the patient follow physician and physical therapist directions for at-home care as well as exercising and rest to ensure the best chance of healing a foot condition or after surgery.

## How To Choose the Best Winter Boot

Choosing the right winter boot is essential, even if you plan on just an occasional ski or snowboard weekend. Your fun in the cold and snow can be ruined if your feet hurt or get cold or wet. Frostbite is a reality especially for your toes as they are far from your heart but close to the ice and snow.

Here are our top tips for selecting the best winter boot to keep your feet warm, comfortable and safe:

- Good boots need warmth, traction and waterproofing. The thicker the insulation, the warmer the boot will be. Thinsulate is probably the most common and effective insulation. A stiffer sole will provide the stability and support that are necessary for winter hiking. However, hard mountaineering boots used for extreme conditions may be too cumbersome for a simple winter hike.



....continued on page 3

....continued from page 2 **How To Choose the Best....**

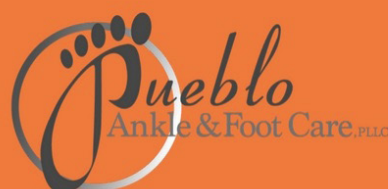
- Look for good quality wool socks, but make sure they are not too thick so they squeeze your foot. Wool absorbs moisture well as it insulates your feet. Make sure your socks fit well and don't slip or bunch up.
- Avoid moisture and excess sweating as damp socks and shoes can steal away precious body heat. If your body or feet begin to sweat, slow down your pace. Avoid cotton socks: these can soak up moisture but take quite a long time to dry.

Most importantly, make sure that your winter boots fit well. The boots must not be tight – this can restrict blood flow and lead to frozen toes – but the heel should fit snugly and not slip as you walk. Your toes should always be free enough to wiggle inside the boot.

### Foot Funnies



What did the physical therapist give the dairy farmer to relieve his foot pain? A calf stretch.



*deal of the month*

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PAIR OF CUSTOM  
MADE ORTHOTICS  
FOR ONLY \$200!**

**FOR THE MONTH OF OCTOBER**



## **Video of the Month** **What We Do At Pueblo Ankle and Foot Care**



### Trivia

Women experience foot problems 4 times more often than men.

- A. True
- B. False

Answer: True

“

Dr Lewis is friendly, caring,  
professional. A great Doctor for  
Pueblo.

Susan T.



### Word Search

GBIUQEXERCISERRITYXJ  
RYONZORTHOTICSNIXBRQ  
MHQOSJXDYYTENDONITIS  
PADPTUPVEYBWQGCYXCEK  
OMBHASLLWZBUQWOWZFRW  
DMIYYAQAAITANYRKNUCR  
IEWSQFNRTNNULINJURYW  
ARPIVHXCQITTAONABWE  
TTBCDDLTLCOAEJNNGBUU  
ROIAOFTMKUJNRRECKQDE  
IEPLUHWPMRTQFQZZEEIA  
SWYEOIUXSTRETCHINGCW  
TGCGHRTBOSNOWLYBXL EO  
LASIALUDUHRFZVQITWRJ  
ACALLUSHBAYGRSWSVDVQF  
PFIINFLAMMATIONSONMUH  
THERAPYPACHILLESCCCZ  
CJIBZXGALFASCIITISKB  
NLDZDPDIABETESTSBPTS  
BLGWVNNYLLKOTQXNIGB

inflammation	insulation	tendonitis	podiatrist
stretching	fasciitis	hammertoe	orthotics
diabetes	exercise	balance	achilles
physical	plantar	injury	therapy
callus	boots	winter	socks
snow	bunion	pain	corn
ice			





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## Meet our Doctors



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**



**Welcome Dr. Zeno Pfau**

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