



Affiliated Podiatrists, Inc.

December 2010 Newsletter

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“When your feet hurt... You hurt all over”

Rock and Roll on Your Feet

Tone your legs! Strengthen your core! Improve your posture! These are some of the claims made by athletic shoes companies now producing toning shoes. Some of these claims might be right on the money, but before you put down the big bucks for the newest fad in shoes, you may want to have more information.

There are actually several different types of shoes that may employ some instability or a rocking motion.

- Toning shoes may look odd but utilize various designs to force the core muscles in your body to work harder and obtain balance.
- Mild rocker shoes are not meant to improve posture or balance. They reduce strain on the heel and toes by allowing you to roll normally with each step.
- Unstable rockers have an unstable heel designed to force you to change your center of gravity and posture and stand up straighter.
- Stable and medical rockers are great for reducing certain motion in the toe joints or off-loading pressure from a particular area of the foot. These are mainly prescribed by podiatrists to treat arthritis or pain in the ball of the foot, diabetes, and plantar fasciitis. They also may be prescribed for use after surgical procedures.

The original rocker bottom shoes were designed by a Swiss engineer and were called MBT, for Masai Barefoot Technology. The shoes were designed to mimic the rolling motion from heel to toe that caught on, other shoe companies followed with their own toning footwear. In fact, toning shoes are the fastest-growing shoe category since the 1970's.

Rocker bottom and toning shoes can change your walking or standing posture. They can change how you walk, and the muscles of the body adjust and compensate. Because you will be using new muscles, your podiatrist might recommend that you wear these shoes for shorter walks or on alternating days for cross training. In some patients, rocker bottom shoes can cause injuries such as Achilles tendonitis or ankle sprains. But, in others, the slight adjustment in gait can help tone and strengthen muscles. However, it is important to remember that anyone who already has an unstable gait should be very cautious about using these types of toning shoes.

Most doctors agree that if these shoes can help get people motivated to walk, thereby improving their health and fitness, they are worth the money. However, make sure to check with your podiatrist, who can recommend the best shoe for any activity. Also, be sure to start wearing them gradually, and stop immediately if any pain or discomfort develops.

Stress Fractures of the Foot and Ankle

Stress fractures are small cracks in the bones of the foot and ankle commonly caused by unusual or repeated stress rather than by a single hard impact. Bones are living, changing structures, absorbing and rebuilding cells constantly. When too much stress occurs for the bones to rebuild themselves sufficiently, a weakened stress point can occur.

Fatigue often is part of the cause-muscles that are over-tired are less able to absorb the shock of impact when the foot hits the ground and the stress is transferred to the bones. This can occur in athletes who train too hard or try to do too much or even in non-athletes who do more than usual or often do too little and have bones that have become weak.

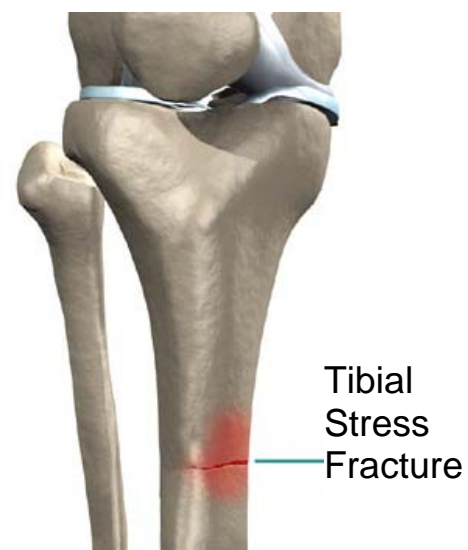
Symptoms of a stress fracture may include:

- Pain that comes on gradually and worsens with walking or running but improves with rest
- Tenderness or swelling on the top or outside of the foot or ankle with no previous trauma

A consultation and examination with your podiatrist is warranted for diagnosis- X-rays may not always show stress fractures until more healing takes place.

In the weightbearing bones of the foot and ankle, healing may be delayed by continuing to put weight on the limb. Rest and a cast or walking boot is often used for 4 to 6 weeks followed by rehabilitation to strengthen the muscles of the leg and ankle.

Strengthening muscles and bones by gradually increasing activity levels, avoiding sudden bursts of exercise, wearing proper supportive footwear, and eating a good diet are all ways to help prevent stress fractures.



Important News About You!

the SHOE STORE

While there are many brands of diabetic shoes on the market, our focus is offering shoes that are therapeutic along with having a sense of style. We have selected the best shoes on the market for therapeutic use. Visit our store open Monday through Friday and review quality shoes from Aetrex and Dr. Comfort.

We offer a full line of Medicare approved diabetic shoes and keep a wide range of sizes in stock. Often times this allows us to dispense shoes the day you come in for a fitting.

If you or someone you know is diabetic, we suggest making an appointment with Jennifer for a personal shoe fitting. Please feel free to stop by and browse our selection.

Pedicures

Affiliated Podiatrists, Inc is very pleased to offer our New Pedicure Services!!

Whether you're a current patient, new patient, or just anyone who wants to enjoy the pleasurable feeling of a great pedicure than we can help you!!

We offer several different pricing packages to your needs and budget, call (440)946-5858 to ask about Express and Full deals. All instruments are properly sterilized and autoclaved.

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

Laraine M.	Kathryn C.	Nicole P.	Colleen K.	Jean U.
Heidi C.	Diane J.	Joanne C.	Nancy S.	Yanko D.
Sarah W.	MaryAnn C.	Virginia B.	Ken S.	David K.
Richard V.	Lori F.	Charles K.	Kelsey R.	Ryan M.
Morgan F.	Thomas W.	Julia B.	Douglas B.	Stephanie M.
Mary L.	William P.	Laura C.	Daniel I.	David D.
Mary T.	Nancy W.	Bonnie C.	Donald K.	Keith Z.

Thanks for allowing us the chance to serve you!

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a December birthday. We have a large patient population with a birthday in December, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

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Check out our Blogs:

<http://drrobertrosenstein.blogspot.com>

<http://affpodiatrists.blogspot.com>

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The staff and physicians of Affiliated Podiatrists, Inc. would like to wish all of our patients and their families a very merry holiday season and a Happy New Year!

Pedicures

Meet our New Pedicurist AKA...The Nail Doctor:

Ce Ce Mackey
“Nail Tech to the Stars”

- **Ce Ce is a licensed managing cosmetologist that has 21 years experience.**
- **She has been licensed since 1988.**
- **She has transitioned herself to the medical field to work with patients.**
- **Her goals are to give patients a relaxing, soothing and comforting experience!**

Services

Express: \$35.00

Filing, Detail Cuticle Area, Buff Toenails and Clear

Full: \$50.00

Soak, File Toenails, Cuticle Detailing, Exfoliation, Callus Softener and Polish

The Health Benefits of Pedicures

Not only does a pedicure make your feet feel great, it's also a great prevention method to avoid future foot complications.

Did you know the average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime! With that amount of wear and tear why wouldn't we want to spoil our feet with a great cleansing and massage?

Cleaning, cutting, and clipping of the nails can prevent nails from growing inward and causing infection or ingrown toenails. The elimination of dirt and bacteria by cleansing your feet will also help prevent nail diseases and disorders and helps eliminate foot odor.

Exfoliation, or the sloughing off of dead skin cells, can prevent the cells from accumulating and causing corns or bunions, which if not treated are very painful. Removal of dead skins cells can also encourage newer skin cell growth which creates a smoother, more appealing foot.

Of course the most enjoyable part of our pedicures is the massage and/or oils used in the massage to moisturize the newly exfoliated skin. Massaging also promotes circulation in the calves and feet and also helps to promote the health and performance of the muscles. And of course this type of pampering is a great stress reducer because.... *“When Your Feet Hurt, You Hurt All Over!”*