



Affiliated Podiatrists, Inc.

July 2011 Newsletter

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



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Plantar Fasciitis

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

Causes of Plantar Fasciitis

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or high-arched feet are more prone to developing plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

Symptoms of Plantar Fasciitis

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.

Treatment

- **Stretching exercises.** Exercises that stretch out the calf muscles help ease pain and assist with recovery.
- **Avoid going barefoot.** When you walk without shoes, you put undue strain and stress on your plantar fascia.
- **Ice.** Putting an ice pack on your heel for 20 minutes several times a day helps reduce inflammation. Place a thin towel between the ice and your heel; do not apply ice directly to the skin.

Treatment continued

- **Limit activities.** Cut down on extended physical activities to give your heel a rest.
- **Shoe modifications.** Wearing supportive shoes that have good arch support and a slightly raised heel reduces stress on the plantar fascia.
- **Medications.** Oral nonsteroidal anti-inflammatory drugs such as ibuprofen may be recommended to reduce pain and inflammation.
- **Padding and strapping.** Placing pads in the shoe softens the impact of walking. Strapping helps support the foot and reduce strain on the fascia.
- **Orthotic devices.** Custom orthotic devices that fit into your shoe help correct the underlying structural abnormalities causing the plantar fasciitis.
- **Night splint.** Wearing a night splint allows you to maintain an extended stretch of the plantar fascia while sleeping. This may help reduce the morning pain experienced by some patients.
- **Injection therapy.** In some cases, corticosteroid injections are used to help reduce the inflammation and relieve pain.
- **Removable walking cast.** A removable walking cast may be used to keep your foot immobile for a few weeks to allow it to rest and heal.
- **Physical therapy.** Exercises and other physical therapy measures may be used to help provide relief.

Injury Prevention for Summer Sports

It's been weeks since you had to use your umbrella. The days are getting longer and temperatures are on the rise. This can mean only one thing, summer is here! With this in mind you might be tempted to sign up for that tennis tournament going on this weekend or maybe head for the park for a game of basketball. Don't reach for your racquet and head for the courts quite yet and hold off on picking teams for the basketball game. Read the following information to ensure your summer sporting experience is safe and injury-free.

If your winter workouts consisted mainly of sprints to and from the refrigerator during commercials, don't plan on returning to your favorite sport in the same condition you left in last year or more importantly don't try to. Too much activity too soon and you might be enjoying the season on the sidelines as a spectator. Instead, ease into your activity at a comfortable level and gradually increase the duration and intensity over a period of 4-6 weeks. Try starting with 30 minutes of cardiovascular exercise 3 days a week, eventually working up to 45 minutes 4-5 days a week. Starting slowly helps you build endurance and allows your body to adjust to the new stresses put on it.

Real athletes don't wear protective equipment, right? Wrong! Everyone needs protective gear-everyone. Helmets are important insurance against head and neck injuries when your summer sports include bike riding, inline skating, baseball, horseback riding and skateboarding. Bottom line, if your head is in danger of being struck or there is a chance you might fall at a high rate of speed, wear a helmet. Safety experts also recommend practicing how to fall. Avoid the tendency to tense up and stretch your arms out to break a fall. Instead, relax as much as possible and roll with the fall. Don't forget wrist guards, elbow protectors, kneepads, lifejackets and mouthpieces when appropriate. As for sunscreen, aim for a SPF of 15 or higher and make sure it's sweat-proof.

It doesn't matter if you're a weekend warrior or a seasoned pro, when the thermometer starts to creep above 90 degrees you're putting yourself at risk for heat related illnesses. Fluid replenishment before, during and after your activity is essential. Always consume more water than you think you need, and don't wait until you are thirsty to drink up. When possible, don't plan sporting events between 10 a.m. and 3 p.m. (the hottest times of the day) and wear light colored, well-ventilated, loose fitting clothing. Never underestimate the importance of shade. Before you start playing outside, do some research to make sure shade is close, and if not bring your own umbrella or rest under a tree.

Your body can generate 15-20 times the amount of heat it normally produces with hard physical work. Not only should you be aware of the signals your body sends as it begins to heat up, you need to act accordingly. Stop all activity and call a doctor if you develop a headache, lose coordination, feel dizzy, develop muscle cramps, stop sweating or begin to feel nauseous-all could be signs of heat-related illnesses. Know when to quit playing. Common sense goes along way in preventing heat related illnesses.

Enjoy the warm weather and all the opportunities it provides for outdoor activities. Just be sure to keep safety in mind and take the necessary precautions needed for a safe and healthy summer. After all, fun in the summer sun only applies if your injury free!



Important News About You!

the Shoe Store

Aetrex Sanalistas

Customized Comfort Collection

Feature built-in Lynco orthotic system. Sadalistas are made with IQ150 memory foam that conforms to your specific gait pattern and ensures an equal distribution of pressure while you walk.



The Healthiest Sandal You'll Ever Wear

We have Moved!



The New Address is:

7230 Mentor Ave
Mentor, Oh 44060

Please call for any question,
comments, or concerns!
440-946-5858

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:**

Ronald C.	Frances I.	Holly B.	Nicole D.	Marissa D.
Johnny O.	Natalie W.	Margaret O.	Paula O.	Beth H.
Lawrence L.	Todd S.	Nancy K.	Thomas B.	Robert P.
Randolph T.	Susan N.	Gregory B.	Cody H.	Walter S.
Jeremy N.	Bohao Z.	Peggy S.	Cindy V.	Elizabeth O.
Erica H.	Sydney S.	Gloria B.	Denise F.	Janice W.
Richard M.	Morgan T.	Jordan M.	Jennifer C.	Kathleen J.

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 July birthday. We have a large patient population with a birthday in July, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

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<http://drrobertrosenstein.blogspot.com>

<http://drjenniferzienkowski.blogspot.com>

<http://affpodiatrists.blogspot.com>

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Tuesday	10-5
Wednesday	10-3

Nail Service Price List

Spa Pedicure	\$28.00
Manicure	\$15.00
Paraffin Wax	\$10.00
OPI Polish	\$8.00

Schedule your appointment now!!