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Affiliated Podiatrists, Inc.

June 2010 Newsletter

“When Your Feet Hurt... You Hurt All Over!”

Symptoms

- Pain, aching, stiffness, soreness, or tenderness within the tendon. This may occur anywhere along the tendon's path, beginning with the tendon's attachment directly above the heel upward to the region just below the calf muscle. Often pain appears upon arising in the morning or after periods of rest, then improves somewhat with motion but later worsens with increased activity.
- When the disorder progresses to degeneration, the tendon may become enlarged and may develop nodules in the area where the tissue is damaged.

Treatment

Treatment for Achilles tendonitis depends on the severity of the injury.

If heel pain, tenderness, swelling, or discomfort in the back of the lower leg occurs, physical activity should be discontinued.

If damage to the tendon is minor, the injury may respond to a simple course of treatment known as **RICE** (rest, ice, compression, elevation).

Stretching exercises performed twice daily: Provided on next page.

Achilles Tendonitis

The Achilles tendon is the largest tendon in the human body. It is located at the back of the ankle joint. Since tendons serve to attach muscles to bone, the Achilles tendon also attaches the large calf muscles, the gastrocnemius and soleus, to the back of the heel bone, the calcaneus.

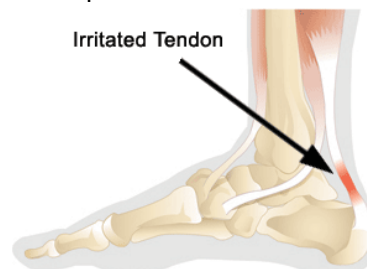
The muscle mass and strength of the calf muscles are greater than all of the other muscles of the lower leg combined. Therefore, the pull of these muscles is very large since these muscles help balance the body while standing, walking, running, and jumping. Due to the large amount of stress which the Achilles tendon is subjected to during running and jumping activities, the Achilles tendon is prone to injury.

Causes of Achilles Tendonitis

As an “overuse” disorder, Achilles tendonitis is usually caused by a sudden increase of a repetitive activity involving the Achilles tendon. Such activity puts too much stress on the tendon too quickly, leading to injury of the tendon fibers. Due to this ongoing stress on the tendon, the body is unable to repair the injured tissue. The structure of the tendon is then misused, resulting in continued pain.

Athletes are at high risk for developing disorders of the Achilles tendon. Achilles tendonitis is also common in individuals whose work puts stress on their ankles and feet, such as laborers or construction workers.

In addition, people with excessive pronation (flattening of the arch) have a tendency to develop Achilles tendonitis due to the demands placed on the tendon when walking. If these individuals wear shoes without adequate stability, their over-pronation could further aggravate the Achilles tendon.



Achilles Tendonitis

Stretching Exercises

Lunge Stretch

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.

Kneeling Hamstring Stretch

From above lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Switch legs.

Knees to Chest

Lying on the floor, pull your knees into your chest and clasp your hands under your knees. Gently press your hips to the floor.

Calf Stretch

On hands and knees, straighten your legs, but keep them slightly bent. Gently press one or both feet towards the floor, keeping back flat and abs in.

Quad Stretch

Lie down on your side using elbow for balance. Using other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Switch legs.

Vibram Five Finger Shoes

The typical human foot is made up of 26 bones, 33 joints, 20 muscles, and hundreds of sensory receptors, tendons and ligaments. Like the rest of the body, to keep our feet healthy, they need to be stimulated and exercised.

The concept behind FiveFingers is to stimulate the muscles in your feet and lower legs in order to improve balance, agility and proprioception. Additionally, to allow your foot to land naturally on the forefoot, directly below your center of gravity and act like a second skin to protect your foot from the elements and obstacles, in order to allow you to reap the rewards of barefoot running.

As with any new sport or activity, we recommend you schedule an appointment to discuss if FiveFingers is right for you. This type of shoe is not appropriate for people with severe pronation or supination.



Beautiful Nails

Healthy Nails



Dr.'s Remedy is enriched with naturally occurring antifungal ingredients, including tea tree oil, bulb extract, wheat protein and Vitamin C & E.

This enriched polish promotes healthy, strong, beautiful nails. It's affordable and free of harmful toxins.

Important News About You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to all of our patient's who have sent us a referral this month!

THANK YOU FOR THESE REFERRALS!!

MEET OUR STAFF:

- * Robert J. Rosenstein, DPM
- * Jennifer A. Zienkowski, DPM
- * Michael G. Coppers, DPM
- * Kenny, Patient Coordinator
- * Debbie, Patient Coordinator
- * Kellie, Financial Administrator
- * Jennifer, Podiatric Assistant
- * Robin, LPN
- * Nicole, Radiology Tech
- *Chrissy, Pedicurist

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:

Amber S.	Joan B.	Diana C.	Robin D.	Andrew B.
James K.	Tammie J.	Marguerite C.	Michelle S.	Alex B.
Paul C.	Phyllis R.	Christina S.	Martha G.	Susan R.
Harry V.	Kelsie E.	Anne K.	Anne B.	Elizabeth M.
Marie S.	Jackie G.	Elizabeth O.	Kelli B.	Marilyn W.
Judy W.	Scott P.	Mayo S.	Dawn K.	Gary V.
Robert C.	Mildred V.	Chelsea B.	Julianne S.	Adolphus M.

the Shoe Store

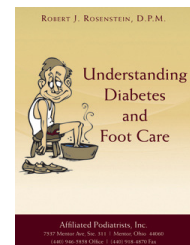
While there are many brands of diabetic shoes on the market, our focus is offering shoes that are therapeutic along with having a sense of style. We have selected the best shoes on the market for therapeutic use. Visit our store open Monday through Friday and review quality shoes from Aetrex and Dr. 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 Terry for a personal shoe fitting. Please feel free to stop buy and browse our selection.

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



If you or someone you know is suffering from Diabetes, Dr. Robert Rosenstein discusses its causes and treatment in his new book. Do not let Diabetes slow you down. To order this booklet visit www.drrobertrosenstein.com

Affiliated Podiatrists, Inc.

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Pedicures

Now Available

Fridays from 1-5pm

Beginning June 4th – 10am–4pm

Express Spa- \$45.00

- Soak
- File toenails
- Cuticle detailing
- Dry skin filing
- Lotion
- Polish

Full Spa- \$65.00

- Soak
- File toenails
- Cuticle detailing
- Dry skin filing
- Sugar Scrub
- Moisturizing mask with hot towel wrap
- Foot and leg massage
- Lotion
- Polish

Polish Change- \$12.00

Full Spa \$50

Offer includes: Soak, Filing toenails, Cuticle detailing, Dry skin filing, Sugar scrub, Moisturizing mask and hot towel, Foot and leg massage and Polish

Limit to one per customer
June 4th – July 30th ONLY

Spring Clean-Up

\$20.00

Offer includes: Filing of toenails, Cuticle detailing, Buffing nails, Lotion and Polish

Limit to one per customer
June 4th – July 30th ONLY