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October 2010 Newsletter

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

Symptoms

The symptoms of a tailor's bunions include redness, swelling, and pain at the site of the enlargement. These symptoms occur when wearing shoes that rub against the enlargement, irritating the soft tissues underneath the skin and producing inflammation.

Treatment

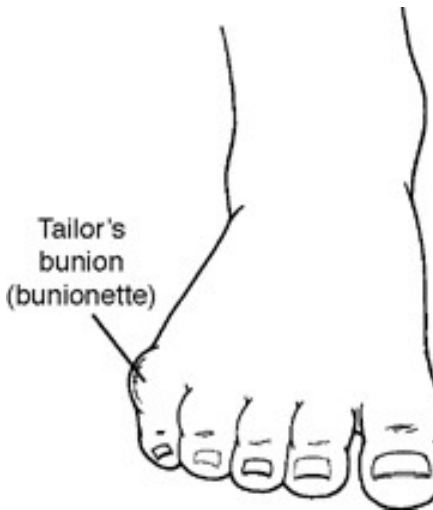
Treatment for tailor's bunion typically begins with non-surgical therapies. Your foot and ankle surgeon may select one or more of the following:

- **Shoe modifications.** Choose shoes that have a wide toe box, and avoid those with pointed toes or high heels.
- **Padding.** Pads placed over the area may help reduce pain.
- **Oral medications.** Nonsteroidal anti-inflammatory drugs, such as ibuprofen, may help relieve the pain and inflammation.
- **Icing.** An ice pack may be applied to reduce pain and inflammation. Wrap the pack in a thin towel rather than placing ice directly on your skin.
- **Injection therapy.** Injections of corticosteroid may be used to treat the inflamed tissue around the joint.

What is a Tailors Bunion?

Tailor's bunion, also called a bunionette, is a prominence of the fifth metatarsal bone at the base of the little toe. The metatarsals are the five long bones of the foot. The prominence that characterizes a tailor's bunion occurs at the metatarsal "head," located at the far end of the bone where it meets the toe. Tailor's bunions are not as common as bunions, which occur on the inside of the foot, but they are similar in symptoms and causes.

Why is it called a tailor's bunion? The deformity received its name centuries ago, when tailors sat cross-legged all day with the outside edge of their feet rubbing on the ground. This constant rubbing led to a painful bump at the base of the little toe.



Causes

Often a tailor's bunion is caused by an inherited faulty mechanical structure of the foot. In these cases, changes occur in the foot's bony framework, resulting in the development of an enlargement. The fifth metatarsal bone starts to protrude outward, while the little toe moves inward. This shift creates a bump on the outside of the foot that becomes irritated whenever a shoe presses against it.

Sometimes a tailor's bunion is actually a bony spur on the side of the fifth metatarsal head.

Regardless of the cause, the symptoms of a tailor's bunion are usually aggravated by wearing shoes that are too narrow in the toe box, causing constant rubbing and pressure.

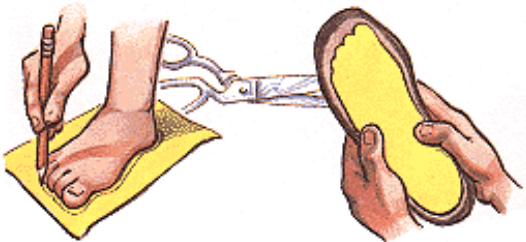
Health News

SHOES FOR CHILDREN

Good shoes are especially important to avoid problems in developing feet.

- Check **OFTEN** to be sure shoes aren't too small. Children's feet are so flexible they can be crammed into shoes two sizes too small - and the child may not complain.
- Don't have children wear hand-me-down shoes. They are permanently molded to the original owner's foot.

MEASURING UP



Unfortunately, most shoes today are narrower in the toe box than the foot is. You can check this by standing on paper and tracing around your bare foot. Compare the outline of your foot with the sole of your shoe. If your shoe appears too narrow, you may be inviting foot problems. Choose only shoes that feel comfortable. You be the judge!!

Today, we need shoes to protect our feet from cold, injury, disease, and pounding on hard pavement. But too often we choose shoes for style rather than comfort and function.

Remember: Good shoes are part of the care your feet deserve.

Finding the Right Shoe for You!

It amazes us everyday as to the number of patients our practice sees who have foot and leg problems due nothing more than the types of shoes they are wearing.

Just because a shoe "looks" comfortable and is inexpensive are not the criteria to use when purchasing shoes. A proper fit, proper materials, and solid construction of the shoe is essential. A shoe that is comfortable for one person may be totally uncomfortable to the next person due to nothing more than the difference in foot structure between the two people.

Wearing the wrong shoes can cause or aggravate foot ailments. The right shoes can often prevent, but cannot correct problems. So wearing the right shoes is vital to foot health. Follow the checklist below when you buy shoes. Be sure they measure up.

SHOE CONSTRUCTION

- Leather is best because it breathes like skin and molds to your foot.
- Soles should be strong and flexible with a good gripping surface.
- Insoles should be cushioned to absorb the jolts of walking on hard surfaces.
- Arch supports distribute weight over a wider area.
- High heels are fun and look good, but they should not be worn too long of a stretch or for much walking. Besides cramping the toes, they change body posture, making backaches more likely.

THE RIGHT FIT

- Only you can tell if shoes fit. If they aren't comfortable, don't buy them!
- Don't plan on shoes stretching with wear. If you already own shoes that are too tight, ask your shoe repair shop if they can be stretched.
- Because feet spread with age, have your feet measured every time you buy shoes. Both feet should be measured as they are often different sizes. Always buy shoes for the **BIGGEST** foot.
- Go shoe shopping late in the afternoon. Feet swell to their largest then.
- Size depends on shoe make and style, too. Don't insist you always wear one size if the next feels better.
- The toe box should be roomy enough so you can wiggle all your toes.
- Your forefoot should **NOT** be wider than your shoe.
- The heel should fit snugly and the instep should not gape open.
- If you can't find shoes that fit, ask your doctor for advice.

Important News About You!

MEET OUR STAFF:

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

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!

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:

Bridgett A.	George E.	Marcia C.	Diane P.	Dorothy M.
Alexandra D.	Marian C.	Matt G.	Erin L.	Daniel L.
Jami K.	John B.	Lesley L.	Rebecca P.	Nicole F.
Nancy S.	James S.	Rose Y.	Joe G.	Alyssa D.
Ruth B.	Naudia M.	Robert S.	Stephen D.	Carol S.
Catherine J.	Betty J.	Kathleen M.	Evan T.	Shayla P.
Stanley C.	David K.	Lindsey S.	Owen W.	Shirley M.
Cherie C.	Greg D.	William B.	Penelope P.	Stacy M.

the Shoe Store

Relief Crocs

Comfortable, light weight and molds to your foot.

The relief, by Crocs Medical, is designed to provide therapeutic relief for many foot conditions. The designed sole provides comfortable relief for plantar fasciitis, heel spur syndrome and other foot injuries, while the roomy forefoot allows a comfortable fit.



The Relief Croc is APMA approved and recommended by all podiatrists.

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

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<http://affpodiatrists.blogspot.com>

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Learn your Shoe Type

A simple wet test can tell you if you have flat or high arches, and how to choose your shoes accordingly.

You can go a long way toward discovering what you need in a shoe by looking at your feet. There are three basic foot types, each based on the height of your arches. The quickest and easiest way to determine your foot type is by taking the "wet test," below.



1) Pour a thin layer of water into a shallow pan



2) Wet the sole of your foot.



3) Step onto a blank piece of heavy paper.



4) Step off and look down

Observe the shape of your foot and match it with one of the foot types at the bottom of the page. Although other variables (such as your weight, biomechanics, weekly mileage, and fit preferences) come into play, knowing your foot type is the first step toward finding the right shoe for you.

If you see about half of your arch, you have the most common foot type and are considered a *normal pronator*. When the arch collapses inward, this "pronation" absorbs shock. As a normal pronator, you can wear just about any shoe, but may be best suited to a stability shoe that provides moderate arch support.

If you see almost your entire footprint, you have a *flat foot*, which means you're probably an overpronator. That is, your arch collapsing inward too much, resulting in excessive foot motion and increasing your risk of injuries. You need either a stable shoe, which employ devices such as dual-density midsoles and supportive "posts" to reduce pronation .

If you see just your heel, the ball of your foot, and a thin line on the outside of your foot, you have a *high arch*, the least common foot type. This means you're likely an underpronator, or supinator, which can result in too much shock traveling up your legs, since your arch doesn't collapse enough to absorb it. Underpronators are best suited to neutral-cushioned shoes because they need a softer midsole to encourage pronation. It's vital that an underpronator's shoes have no added stability devices to reduce or control pronation, the way a stability or motion-control shoe would.