Lawrence J. Kales, DPM
Board Certified Ambulatory Foot Surgery **Board Certified Ambulatory Lower Extremity Surgery**

Board Certified Medical Specialties in Podiatry Surgery

Bayonet Point Location Phone: 727 868-2128 Newsletter







Spring 2018

Spring Hill Location Phone: 352 683-5799

In This Issue...

Office/Hours See Below

Ouch! My Heel Hurts!

- Tips for Helping Seniors Regain Their Balance Recipe of the Month: Beet and Goat Cheese Arugula Salad



What causes heel pain? One of the most frequent causes of heel pain is plantar fasciitis, or inflammation of the thick band of tissue that runs on the bottom of your foot from the heel to the toe bones. Plantar fasciitis affects up to 10% of the population! Other

common causes of heel pain include a biomechanical problem like arch height, repeated heel stress or impact, or Achilles tendonitis. Arthritis or bursitis can contribute to heel pain too.

Who is most at risk of heel pain? Women have plantar fasciitis more often than men, perhaps because of poor shoe choices like high heels. Those who are overweight or who stand for several hours each day, individuals with either flat feet or a very high arch, as well as those who wear worn out shoes with thin soles are at increased risk of heel pain.

strengthening exercises and massage. If your pain persists, we may recommend more intense treatments and even surgery. Can heel pain be prevented? A few lifestyle changes can help plantar fasciitis from recurring. If you are overweight, lose weight to reduce the pressure on your feet. Avoid wearing high heels - instead, choose sturdy shoes with good support. Stick to low-impact workouts like swimming and biking instead of running. Stretch your calves and the bottom of your feet frequently. Even sleeping with your bedsheet untucked will allow your feet to stretch out at night!

You don't have to suffer with heel pain – we have the solution! Please call for an

appointment during our convenient office hours - we can help!

Tips for Helping Seniors Regain Their Balance



Exercise to Improve Your Balance and Strength Tai chi improves balance while it relieves stress. Stand on one foot for 10 seconds while holding onto a chair. Repeat 5 times and

Choose Your Footwear Wisely

3. Can you twist the shoe while holding the heel and toe – but not too much?

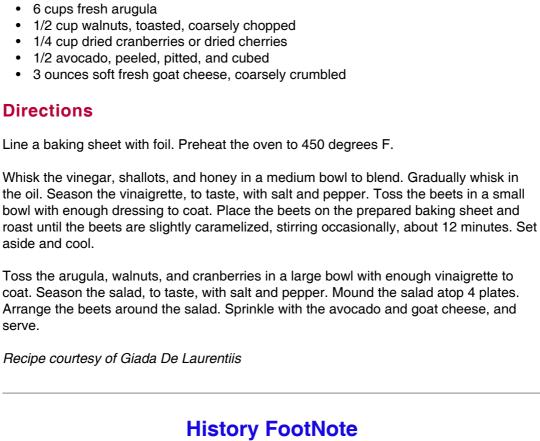
If your shoes fail this test, it's time to update your shoe wardrobe! Invest in your balance and safety by choosing good quality, sturdy shoes. We can help assess both your foot

Always wear sturdy shoes that fit well. Do your shoes pass the 1-2-3 test?

1. Are the sides of the heel firm when pressed? 2. Is the toe area flexible but not too flimsy?



Recipe of the Month Beet and Goat Cheese Arugula Salad



President Abraham Lincoln depended on his foot doctor for relief from chronic foot pain

Celebrity Foot Focus

The Academy Awards audience roared when Tiffany Haddish and Maya Rudolph refused to wear their uncomfortable shoes and instead presented their awards while

Foot Funnies It's easy to learn podiatry - the manuals all have footnotes.

Meet our Doctor

Our Offices and Hours Bayonet Point Location 7117 State Road 52 Hudson, Florida 34667 Phone: 727 868-2128

Monday: Tuesday: Wednesday:

Spring Hill Location 5327 Spring Hill Drive

Phone: 352 683-5799

Thursday: 8:00am - 5:00pm Friday: 8:00am - 5:00pm Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a



Ouch! My Heel Hurts! Frequently Asked Questions About Heel Pain

Just about everyone experiences heel pain at least once. Heel pain may not signal a serious condition, but it certainly interferes with your normal activities like exercising and even walking. Here are some frequent questions that we are often asked in our practice about this very common ailment:

Why does my heel hurt the most when I first get out of bed in the morning? The plantar fascia ligament on the bottom of your foot contracts while you are resting. Standing causes sudden and painful stretching and pulling of the ligament.

What kind of treatment is available for heel pain? If you suffer from heel pain, please come visit us for an accurate diagnosis and the right treatment for your problem. Our treatments include nonsteroidal anti-inflammatory drugs (NSAIDs) - with your doctor's permission - to reduce inflammation; a steroid injection to relieve both pain and inflammation; rest and icing the painful area; physical therapy for stretching and



balance: then use your other foot. Try walking in a straight line looking ahead of you, not down at your feet. Place your heel directly in front of your toes. Stretch your arms out to the side while looking at a spot ahead of you. Walk toward the spot, lifting your back leg and pausing briefly with each step. Repeat 10 times, then alternate legs.

Sending happy springtime greetings your way!

health and walking style so you can choose the right shoes.





serve. Recipe courtesy of Giada De Laurentiis

Ingredients

as well as backache.

barefoot.

1/4 cup balsamic vinegar

1 tablespoon honey • 1/3 cup extra-virgin olive oil

3 tablespoons shallots, thinly sliced

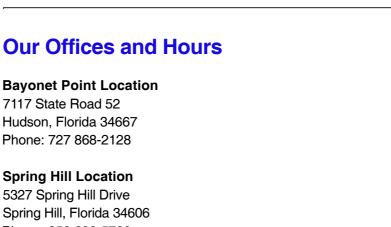
 Salt and freshly ground black pepper · 6 medium beets, cooked and quartered

Our feet are bigger at night. True or false? Answer: True

you buy shoes late in the day, when your feet are at their largest.

After spending the whole day walking, running, or jumping around, our feet have swollen by as much as half a shoe size by the end of the day. This is why it is recommended that





Dr. Lawrence J. Kales

8:00am - 5:00pm 8:00am - 5:00pm

8:00am - 5:00pm

doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

