



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

Winter 2020



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A New Year's Resolution That's Easy to Keep: Schedule a Foot and Ankle Evaluation by a Podiatrist



Happy 2020! If you are like most Americans, you have made a resolution or two to improve your life and your health.

Let us suggest an easy and beneficial New Year's resolution for your health: Visit your podiatrist!

Why Choose a Podiatrist for Foot Care?

Podiatrists are highly trained healthcare professionals who are skilled in the diagnosis and treatment of foot, ankle and lower limb conditions. A podiatrist is the best doctor to treat and relieve day-to-day foot problems such as ingrown toenails, corns and calluses, skin conditions, bunions, heel pain and sports injuries.

Podiatrists, or doctors of podiatric medicine, earn a bachelor's degree in biology or similar science field and then attend podiatry school for 4 years. Upon graduation, a podiatrist candidate will work as a resident in a hospital for 3 years and also work with pediatricians, surgeons, anesthesiologists or infectious diseases specialists.

Patients with diabetes are smart to include a podiatrist on their support team. Because diabetes has such serious consequences for your feet, regular visits with a podiatrist will monitor your foot health and make sure that any skin or tissue damage is taken care of quickly.

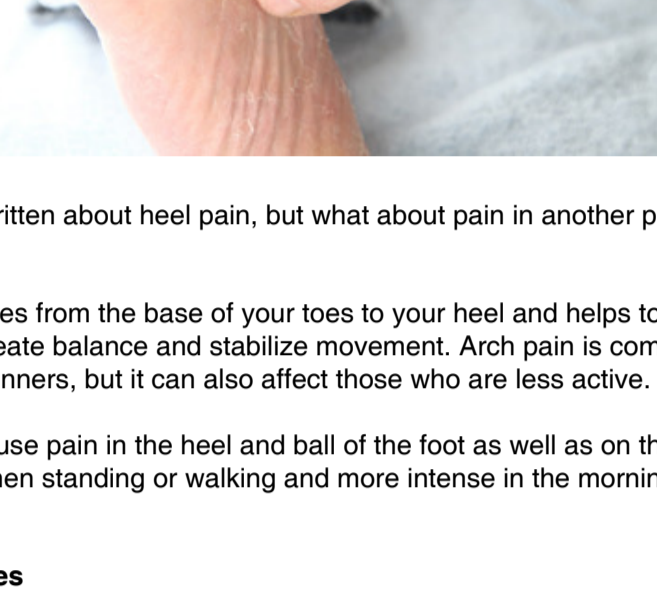
What to Expect at Your Podiatrist Exam

After taking a complete medical history, we will check your gait, range of motion and assess your shoe fit. We will treat whatever problems that we observe. Many patients benefit from custom-fitted orthotics to relieve problematic pressure points and to correct any gait-related problems.

If we observe any concerns, we will quickly and accurately diagnose the problem and then present you with treatment options.

Start the New Year right with a comprehensive foot and ankle exam! With a foot check-up, you will be prioritizing your health as you step into 2020.

Solutions for Arch Pain



We have often written about heel pain, but what about pain in another part of your foot – the arch?

Your arch stretches from the base of your toes to your heel and helps to bear weight, absorb shock, create balance and stabilize movement. Arch pain is common especially in athletes and runners, but it can also affect those who are less active.

Arch pain can cause pain in the heel and ball of the foot as well as on the top. The pain may be worse when standing or walking and more intense in the morning when you first get out of bed.

Arch Pain Causes

Arch pain can be the result of structural issues aggravated by aging, overuse, physical stress and weight gain.

The muscles, ligaments, tendons or bones in the arch can be injured. Plantar fasciitis is a common cause of arch pain as are adult-acquired flatfoot and overpronation. Even a naturally high arch, called cavus foot, can cause pain and frequent ankle sprains.

Easing Arch Pain

Arch pain can be relieved with special custom-made orthotic shoe inserts. Shoes with extra ankle support can help too. Resting the foot and icing the area can ease the pain as can stretching exercises.

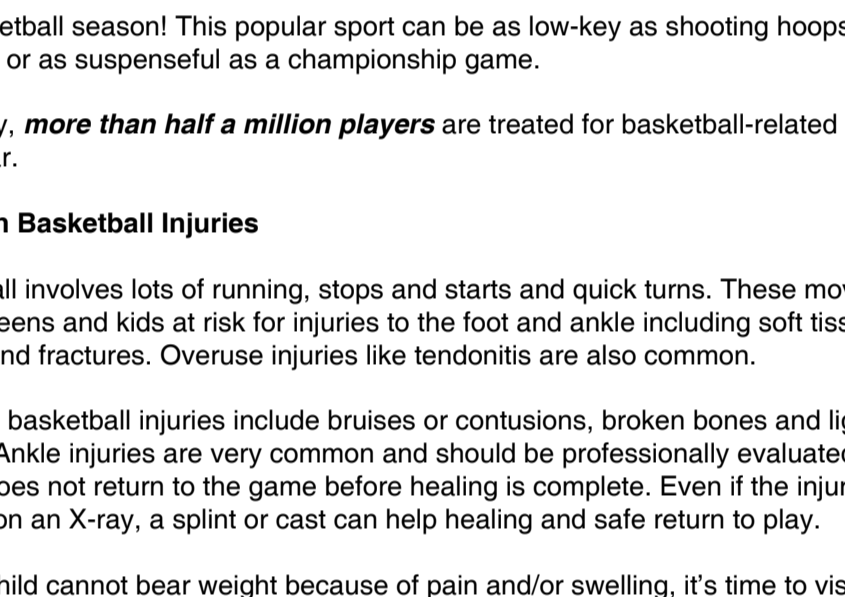
Over-the-counter medications can help inflammation and pain, and switching to more supportive shoes will ease sore arches.

If these conservative methods don't help, come visit us for professional help. Our treatments can include:

- Prescription shoes with orthotics or special arch supports
- Night splints
- Prescription medication
- Physical therapy
- Casting
- Bracing

In severe cases, surgery may be necessary.

Basketball Season Brings the Risk of Injury for Children and Teens



It's basketball season! This popular sport can be as low-key as shooting hoops in your driveway or as suspenseful as a championship game.

Incredibly, **more than half a million players** are treated for basketball-related injuries each year.

Common Basketball Injuries

Basketball involves lots of running, stops and starts and quick turns. These movements can put teens and kids at risk for injuries to the foot and ankle including soft tissue injuries and fractures. Overuse injuries like tendonitis are also common.

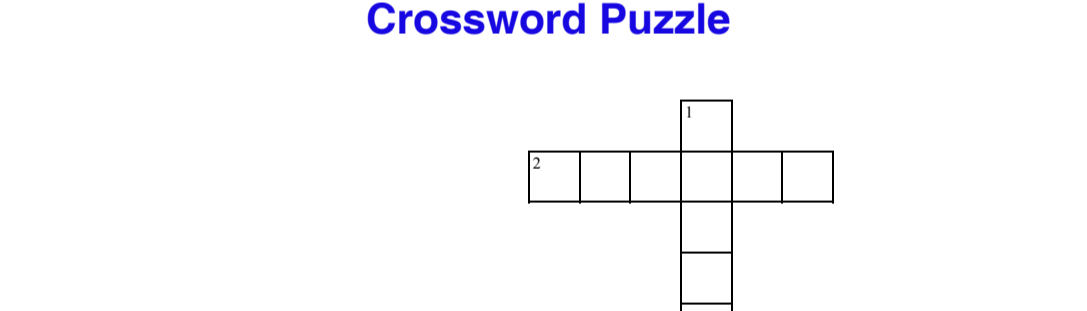
Frequent basketball injuries include bruises and contusions, broken bones and ligament injuries. Ankle injuries are very common and should be professionally evaluated so the athlete does not return to the game before healing is complete. Even if the injury is not obvious on an X-ray, a splint or cast can help healing and safe return to play.

If your child cannot bear weight because of pain and/or swelling, it's time to visit us for an extensive evaluation, diagnosis and expert treatment.

Preventing Basketball Foot and Ankle Injuries

- Train in advance with aerobics and flexibility and strength workouts.
- Increase pre-training activity gradually.
- Warm-up and stretch before practices and games.
- Stay hydrated.
- Choose athletic footwear that is well-fitting and appropriate to the sport. Ankle supports can help reduce the risk of sprains.
- Avoid overuse by cross-training or playing a different sport for a season.

Parents...never allow your child to play through pain. It's okay – and smart – to sit on the bench to allow full recovery from an injury.



Crossword Puzzle

1. disease where blood sugar is too high

2. painful bump on the big toe joint

3. back portion of the lower leg

4. bending easily

5. one spot rubbing against another

6. cosmetic treatment of feet and toenails

7. foot doctor

8. thickened skin on the feet caused by friction

9. the body's response to injury

10. shoe inserts custom made for the patient

11. dried out gourd for scrubbing the body

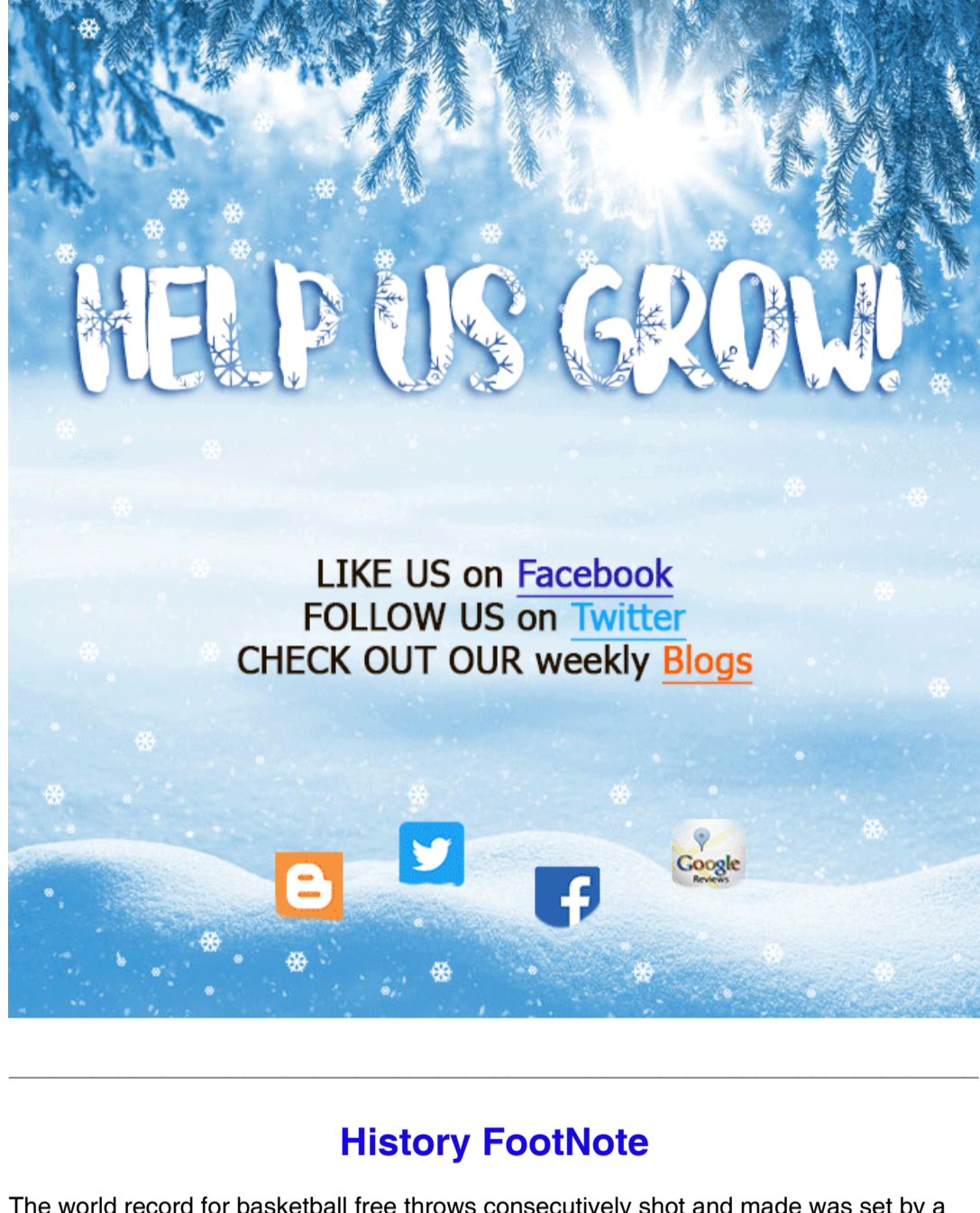
12. medical equipment that keeps an injured body part immobile

13. malformation of a body part

14. place in the body where bones connect

15. thigh muscle

See answer at: www.ami-solutions.net/pxdrkales/n/2020/winter/index.html



History FootNote

The world record for basketball free throws consecutively shot and made was set by a retired podiatrist in California. In 1993, Dr. Tom Amberry was 71 when he took 12 hours to make 2,750 free throws – without a miss! His record stood until 1996.

Celebrity Foot Focus

Dr. Suzanne Levine, podiatrist to the stars – including Oprah Winfrey, Diane Sawyer and Liam Neeson – offers "foot facials" for \$225.

Foot Funnies

☺ Why did the foot doctor's son take up podiatry? Because he wanted to follow in his father's footsteps.

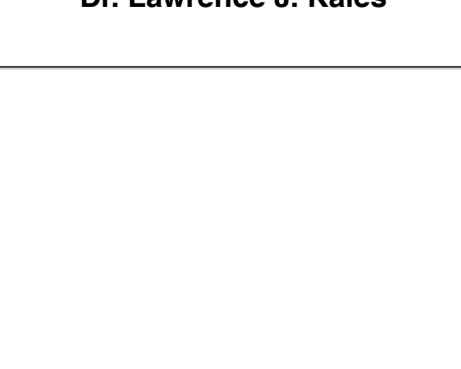
Trivia

January has 31 days. How many other months also have 31 days?

- A. Five
- B. Six
- C. Seven
- D. Eight

Answer: C

Meet our Doctors



Dr. Lawrence J. Kales

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