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PREMIER PODIATRY SERVICES

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Protect Your Feet while Enjoying Winter Sports

Winter activities such as skiing, skating, and sledding can be great fun but can also be hazardous to your feet, not only because of injuries but also from exposure to extreme weather. Follow these tips for a winter full of safe and comfortable fun. Keep feet warm with waterproof boots and shoes that are properly insulated. Wearing only the footwear specifically designed for your sport is crucial as well. Make sure to wear a pair of good acrylic socks to wick moisture away from the skin. Make sure boots and skates fit well: toes should be roomy, but the heel and ball of your foot should be snug. When running on ice and snow, try not to alter how your foot strikes the ground. Instead, shorten your gait. Add spikes to your running shoes when running on ice. Feet will sweat when wearing warm socks and insulated boots. Add foot powder inside socks, and change quickly into dry footwear to prevent chilly feet.

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Orthotics

You may have heard us mention “orthotics” in our office, or perhaps a friend or relative wears them. Orthotics are custom-made foot supports that fit in your shoe, typically under the heel and arch of the foot. An orthotic is frequently just what you need to resolve your leg or foot pain. Orthotics work by realigning your foot to a neutral or natural position. This realignment can help lessen foot, back and leg pain. We also use orthotics to treat other foot conditions including plantar fasciitis, bursitis, diabetic foot ulcers and tendinitis. We can make orthotics for you at our office by making a mold of your foot. Custom-made orthotics fit your individual foot and will correct the problem we’ve diagnosed. Prescription orthotics are made from top-quality materials that will last for many years, and many insurance plans cover some of the cost. You may have seen advertisements for ready-made orthotic devices and foot supports available at over-the-counter at medical supply stores, pharmacies and even grocery stores. While these may help temporarily with mild symptoms, they cannot address the wide variety of foot problems that an individualized custom-made orthotic will. A custom orthotic can have a positive effect on your quality of life. If you have any questions about how orthotics can help you, give us a call and stop in to see us.

Beware of Frostbite

Monitor yourself and especially children for symptoms of frostbite. Toes are especially susceptible and, if severe, frostbite can cause nerve damage and infection.

Watch for: • Cold, prickly skin • Numbness • White, red, bluish or grayish skin • Waxy-looking or hard skin • Clumsiness because of muscle and joint stiffness • Blistering in severe cases

If you suspect frostbite, get out of the cold and remove any wet clothes. Soak affected areas in warm – not hot – water, no more than 108 degrees. Seek medical attention for severe frostbite or if you suspect hypothermia.

Winter sports can lead to blisters, neuromas, sprains, strains, bleeding under the toenail and fractures. Call our office right away if you experience any of these.

Trivia Q

This condition causes the deformity of the second, third, and fourth toes.

A. Fracture

B. Frostbite

C. Tarsal Tunnel Syndrome

D. Hammer Toe

Answer D. Explanation: The term hammer toe refers to a common deformity of the foot in which either the second, third, or fourth toe is bent at the middle joint, so that the tip of the toe is bent downward while the middle of the toe is cocked upward resembling a hammer. The hammer toe deformity is the most common deformity of the small toes. The condition can be present at birth or can develop as a result of wearing poorly fitting shoes.

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