



Patient Finds Relief from Metatarsalgia Pain

Joe Boarini became concerned when he had pain in his right foot that would come and go because of his very active lifestyle. After contacting his primary physician, Joe was referred to Dr. David Sullivan and Westfield Foot and Ankle to discover the reason for his foot pain.

Following a thorough examination, Dr. Sullivan diagnosed Joe's right foot with metatarsalgia, a condition in which the ball of the foot becomes painful and inflamed due to excess pressure on the long bones in the front of your foot, just below the toes called the metatarsals.

Metatarsalgia is often an overuse injury caused by intense physical fitness, such as running. This condition can also be caused by foot deformities, wearing high heels or shoes that are too tight or loose, bunions, tight calf muscles and arthritis.

Symptoms of metatarsalgia can include:

- A sharp, aching or burning pain in the ball of the foot, just behind the toes.
- Pain worsens when standing, flexing the feet or walking and improves with rest.
- Your foot may feel like there is a pebble in your shoe.
- In the toes, a sharp or shooting pain, numbness or tingling.

Joe's metatarsalgia was a result of his activity level. At first, Joe thought he had "banged his foot and that it would eventually go away. Unfortunately, that was not the case," said Joe. "Fortunately, though, my metatarsalgia was very treatable."



Joe Boarini

Dr. Sullivan treated Joe's metatarsalgia with orthotics and an additional pad under the orthotic for the affected foot. He also recommended that Joe wear supportive shoes with firm soles and avoid going barefoot for a while.

While Dr. Sullivan's treatment has provided pain relief to Joe's foot, Joe still wears his orthotics. He is "also conscious of what footwear I choose on any given day. I am also more conscious about how much pressure I put on my toes when bending and stepping,"

Joe would recommend that others with foot or ankle pain come to Westfield Foot and Ankle for treatment because "I had a great experience at Westfield Foot and Ankle. Everyone was friendly and professional. I received good advice and treatment."

Joe also appreciates how Dr. Sullivan and the staff put his mind at ease. "The advice and treatment that I received from Dr. Sullivan and the other Westfield Foot and Ankle staff provided a wonderful peace of mind that I could continue my active work and leisure lifestyle," said Joe.

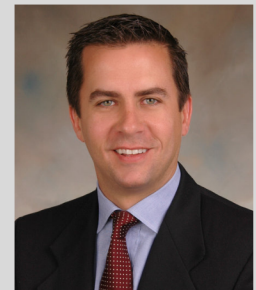
Westfield Foot and Ankle

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Office Hours

Mon: 9:00 a.m. - 4:30 p.m.
Tues: 9:00 a.m. - 6 p.m.
Wed: 8:30 a.m. - 3 p.m.
Thurs: 8:30 a.m. - 4:30 p.m.
Fri: 8:30 a.m.- 12 noon
Sat. & Sun. - Closed

Meet Our Doctor



David R. Sullivan,
DPM, FACFAS, FACCWS

www.westfieldfoot.com



We Take X-rays On-site!

For the convenience of our patients, we take X-rays on-site in our office. There is no need to visit another facility to have X-rays taken before an appointment, and taking X-rays on-site helps us provide an accurate diagnosis sooner!



Make Heading Back to School Painless for Feet



After enjoying freedom all summer, heading back to school can be a hard transition. While this change in routine can be especially tough for kids, it shouldn't be tough on their feet. Most kids and teens spend the majority of their summer vacation in flip-flops, but when it's time to head back to school these casual sandals can lead to aches, pains and increase the risk of injury.

Kids have a growth plate in their heels that continues growing into their mid-teen years. While flip-flops offer casual comfort, they don't cushion the heel, which makes repetitive stress from walking particularly harmful, causing inflammation of the bone growth area, pain and tenderness.

Common problems from flip-flops:

- Heel and arch pain
- Painful pinched nerves
- Broken or sprained toes
- Plantar warts
- Callus build-up on the heels and toes
- Inflammation of the Achilles tendon
- Sprained ankles
- Cuts and scrapes
- Athlete's foot

If your child is complaining of foot pain, schedule an appointment with our office. This type of pain can usually be eliminated with simple methods including stretching, ice massage, anti-inflammatory medications or shoe inserts.

Article courtesy of the American College of Foot and Ankle Surgeons.

Weekend Warriors Vulnerable to Foot and Ankle Injuries



classic symptoms of an ankle sprain, an injury to one or more ligaments in the ankle. An ankle sprain's severity depends on whether the ligament is stretched, partially torn or completely torn, as well as on the number of ligaments involved. Ankle sprains are different from strains, which affect muscles rather than ligaments.

Ankle fractures are most often caused by the ankle rolling inward or outward, and they can sometimes occur at the same time as an ankle sprain. If you experience any ankle pain, follow the RICE protocol (Rest, Ice, Compression and Elevation) and schedule an appointment with us as soon as possible.

3. Protect your feet from bacteria. Sweaty shoes and public showers at the gym are breeding grounds for bacteria, including resistant strains like MRSA. Never go barefoot while in public areas, and be sure to cover cuts and cracks in the skin or ingrown toenails to help keep out germs. If you have a cut or scrape that becomes infected and does not heal in a timely manner, call our office to have it examined.

4. Painful blisters anywhere on your feet. Blisters occur from excessive moisture and friction usually caused by nonacrylic socks or poor-fitting and constricting athletic shoes. Our office can evaluate your athletic footwear so blisters do not get in the way of your weekend workout.

If you are suffering from unexplained foot pain, contact our office to schedule an appointment with Dr. David Sullivan for a proper diagnosis.

Article Courtesy of the American College of Foot and Ankle Surgeons.

When it comes to exercise, do you take it easy during the week and then go hard on the weekends? This fitness routine may work well with your schedule, but it can increase your risk of incurring a foot or ankle injury.

If you are a weekend warrior and experience any of the following symptoms, schedule an appointment with our office for evaluation, diagnosis and treatment:

1. Aching, stiffness, soreness or tenderness above your heel upward to the area just below your calf muscle. This is a sign of Achilles tendonitis or tendinosis, which often occurs from overuse or trying to do too much too soon. You may notice pain upon rising in the morning or after periods of rest. This pain typically improves somewhat with motion but later worsens with increased activity.

2. Pain, soreness, swelling, bruising or stiffness in the ankle joint that hinders your ability to walk. These are

Good to know... Dr. David Sullivan is a board-certified wound specialist and can perform in office procedures such as wound care, biopsies, skin grafts, ingrown toenail removal, etc. Having patients come to our office vs. a hospital setting can help relieve the hospital resources as well as minimizing patient exposure.

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