



David R. Sullivan, DPM Kenneth P. Stumpf, DPM



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Welcome Podiatrist and Board-Certified Foot and Ankle Surgeon Dr. Kenneth P. Stumpf

Westfield Foot and Ankle is thrilled to announce the addition of Dr. Ken Stumpf to our practice. With his exceptional skills and over a decade of expertise, Dr. Stumpf brings a wealth of knowledge and will further enhance the practice's commitment to delivering personalized top-quality foot and ankle care.

An Evansville native, Dr. Stumpf is the oldest of three brothers, and he graduated from Benjamin Bosse High School. He received his undergraduate degree in biology from the University of Southern Indiana.

Dr. Stumpf earned his Doctor of Podiatric Medicine degree at Scholl College of Podiatric Medicine. He completed a rigorous residency program specializing in foot and ankle surgery. With a passion for personalized care, Dr. Stumpf is dedicated to helping patients achieve optimal foot health and mobility.

"We are delighted to welcome Dr. Ken Stumpf to our team," said Dr. David Sullivan, founder of Westfield Foot and Ankle. "His expertise and commitment to patient-centered care align perfectly with our practice's mission. We are confident that his addition will further strengthen our ability to provide exceptional foot and ankle care to our patients."

Before joining Westfield Foot and Ankle, Dr. Stumpf was a podiatrist with Community Health Network. Dr. Stumpf treats pediatric and adult patients, from primary podiatric care to more complex foot and ankle conditions. His expertise includes diagnosing and treating various foot and ankle conditions, including sports injuries, reconstructive surgery, plantar fasciitis, bunions, and more. He utilizes the latest advancements in podiatric medicine and surgical techniques to ensure the best possible outcomes for his patients.

Dr. Stumpf's interest in podiatry began after he was diagnosed with plantar fasciitis (heel pain) while playing soccer in high school. The podiatrist he saw prescribed a pair of custom



Dr. Ken Stumpf

sports medicine.

"Being a podiatrist has allowed me to help people get back on their feet and return to their normal activities as quickly as possible," said Dr. Stumpf. "One of the most rewarding parts of my practice is when a patient comes in for a return visit with complete relief of pain."

"Dr. Stumpf was drawn to private practice because there is a significant opportunity to tailor each patient's treatment plan to their specific needs. In private practice, "podiatrists have the freedom to practice in a way that they believe is best for their patients," said Dr. Stumpf. "At Westfield Foot and Ankle, I can use cutting-edge technology and access some of the most up-to-date resources available."

"Dr. Sullivan and Dr. Stumpf met 11 years ago when Dr. Stumpf was in his residency training, and Dr. Sullivan had just started Westfield Foot and Ankle. Over the years, they maintained a collegial relationship. As they discussed the positive attributes of an independent practice, Dr. Stumpf became interested in transitioning from being employed by a large corporate entity.

"Westfield Foot and Ankle had reached a point where new patients were having to wait an extended amount of time to be seen due to the schedule being so full, so it was serendipitous that this coincided with Dr. Stumpf's aspirations and timing," said Dr. Sullivan. "We look forward to growing the

orthotics, and his pain went away almost immediately. He was amazed at how quickly he was able to return to playing. He enjoys practicing general podiatric medicine, performing surgery, and focusing on

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 Doctors



David R. Sullivan,
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Kenneth P. Stumpf,
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practice and increasing the diagnostic and treatment options and modalities that private practice can offer."

In the community, Dr. Stumpf volunteers as the Fit Feet Clinical Coordinator for Special Olympics Indiana. "In this role, I provide free health screenings to evaluate athlete's feet and give treatment advice while helping coordinate donating socks and shoes to these athletes," said Dr. Stumpf.

Dr. Stumpf and his wife, Laura, live in Carmel with their two daughters. In his free time, Dr Stumpf enjoys spending time with his family, working out and trying new restaurants with his family and friends.

Keep Boot Heels Low to Prevent Winter Foot and Ankle Injuries



Women's winter boots with high, spiked heels and narrow, pointed toes may seem like the epitome of haute couture, but these boots can make feet and ankles unstable on snow- and ice-covered surfaces.

Falls from high-heeled winter boots can lead to a number of injuries depending on how you

lose your balance. If your ankles roll inward or outward, they can break. If your ankles twist, ligaments can be stretched or torn, causing an ankle sprain. Slipping or falling in high-heeled boots can also cause broken toe, metatarsal and heel bones.

Opt for a low-heeled boot this winter, and be sure to scuff up the soles of new boots or buy adhesive rubber soles to provide greater traction.

No matter what style of boot you decide to wear this season, if you suffer a fall, contact our office for prompt evaluation and treatment and follow the **RICE (Rest, Ice, Compression, Elevation)** protocol:

REST. Stay off the injured foot since walking can cause further damage

ICE. To reduce swelling and pain, apply a bag of ice over a thin towel to the affected area. Do not put ice directly against the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

ELEVATION. Keep the foot elevated to reduce the swelling. It should be even with or slightly above your heart level.

COMPRESSION. An elastic wrap should be used to control swelling.



Cold Weather Tips for Diabetic Foot Care

If you are living with diabetes, the onset of winter can be dangerous for your feet. Colder temperatures combined with poor blood circulation and possible nerve damage in your extremities can make your feet vulnerable to infection, serious complications or possible amputation.

Take these precautions to keep your feet heal for preventing diabetic complications in the feet.

1. Keep feet dry. Moisture that collects between your socks and your feet and toes can form bacteria, which can cause an infection. If heavy snow and slush have soaked your shoes or boots, change out of your wet socks as soon as possible and towel dry your feet, paying close attention to the area between your toes.

2. Moisturize your feet. Use a moisturizer daily to keep dry skin from itching or cracking. Do not moisturize between your toes as this could lead to a fungal infection.

3. Avoid direct heat to your feet. Everyday activities during winter weather, such as warming your feet by the fire or adjusting the heat on your feet in a car, can pose problems. With numbness caused by nerve damage, you may not be able to feel when your feet get too hot, which can result in second- or third-degree burns on your feet. It's best to keep your feet away from direct heat and to avoid warming aids



such as electric blankets, heated shoe inserts or heating pads and to keep your feet out of hot water. To make sure, test your bath water with your hand or a thermometer first to make sure it's safe for your feet.

4. Get the right shoes. Wear well-fitting shoes with supportive soles and a wide toe box to reduce cramping. During the colder seasons, consider how sock texture and the weather will affect walking conditions.

5. Make appointments with our office for regular foot exams. We can help detect any diabetes-related foot issues early on so they do not become problematic.



Good to know... Dr. David Sullivan is a board-certified foot surgeon and 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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