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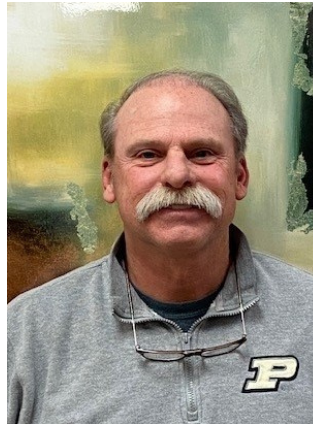
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Patient Still Pain-free and Active Due to MLS Laser Therapy

Over two years ago Jeff Salsbery struggled for more than six months to find a successful treatment for his painful and debilitating plantar fasciitis. As the president of Salsbery Brothers Landscaping, Jeff's job requires him to be active and on his feet most days. After visiting other podiatrists and finding limited or no relief with cortisone shots, Jeff was referred to Westfield Foot and Ankle by a friend.

Plantar fasciitis is the most common heel pain diagnosis. It is caused by excessive physical stress to the plantar fascia, which is a strong, wide, thick ligament that stretches from the heel to the ball of the foot.

Jeff says he will never forget the day he walked into Westfield Foot and Ankle and Dr. Sullivan told him he was going to be fine. After a thorough examination, Dr. Sullivan prescribed MLS Laser Therapy for Jeff's plantar fasciitis. With his condition worsening, and although he was skeptical that the MLS Laser Therapy would work, Jeff decided to give it a try.



The MLS Laser uses specific wavelengths of light to treat painful and debilitating conditions. It treats these conditions by penetrating deep into the tissue to stimulate regeneration at the cellular level without the potential for thermal injuries that other lasers can inflict. Treatment is usually 10 to 15 minutes. The typical course of treatment is six to 12 sessions depending on the nature of the condition being treated. With MLS Laser Therapy, we can offer relief without the use of painful injections, potentially habit-forming drugs or surgery to those suffering with both chronic and acute ailments.

Before MLS Laser Therapy, Jeff said his plantar fasciitis was making his life horrible. "As anybody that has had it knows, in the morning when you get out of bed it's like walking on pogo sticks because there is no flexibility there at all," said Jeff. "Extremely painful and takes you a good hour to get everything loosened up at some point. You step the wrong way it comes back and it very, very annoying." His plantar fasciitis limited his mobility and his ability to do the things he enjoyed.

Jeff would recommend that others with foot or ankle pain come to Westfield Foot and Ankle because of Dr. Sullivan's commitment to providing the latest medical developments and technological advances to give our patients the best care. Westfield Foot and Ankle is the only podiatry practice in Hamilton and Boone Counties to offer MLS Laser Therapy.

Since seeing Dr. Sullivan, Jeff follows Dr. Sullivan's recommendation to invest in a good pair of tennis shoes and wears orthotics. "If your feet aren't happy, your body isn't happy," said Jeff.

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



Get Ready for Warmer Weather Without Hammertoes

Are you embarrassed to wear sandals this spring or show your feet at the pool this summer because you've noticed a bend in your toes that won't go away? If so, you may have hammertoes. This painful condition develops because of imbalances in your muscles, tendons or ligaments.

When working properly, your toe stays straight but when your foot structure, shoe choices, injuries or even illnesses throw your toes off balance, you may notice a crook that remains in place even when your toes relax. When we talk about hammertoes, it means you have an abnormal bend in your toe's middle joint. If the bend appears in the joint near your toenail, we call that a mallet toe. This condition can occur with any toe but is less common in the big toe.

Treating Hammertoes

Surgery is one way to relieve the pain of hammertoes. However, at our office we offer no-incision, surgery-free pain relief for hammertoes with an in-office procedure known as the flexor tenotomy. This is one of our favorite procedures because the results are immediate. You don't receive any stitches. The site of the procedure is dressed with a few band-aids and you are able to continue on with your day. Best of all, because we don't send you to the operating room, you don't have to worry about serious complications and you'll save thousands of dollars.



Pain Relief for Hammertoes

The flexor tenotomy is done using local anesthesia and involves piercing the skin on the bottom of the toe, beneath the deformed joint and releasing the tendon that's keeping the toe contracted. Your results will be dramatic. The toe that once only touched the ground at its tip will now lay flatter and all that pressure will hit your toe's fleshy fat pad instead of its bony tip.

After the procedure your toe will still look bent when at rest but will flatten when you stand and you will experience serious pain relief without surgery. Contact our office for appointment.

Weed Out Foot Pain When Gardening

Spring is a great time to get outside and work in your yard. While gardening can give your property curb appeal, it's also great exercise. Activities like mowing your lawn, pulling weeds and planting flowers, work your whole body and can lower your risk for diabetes or heart disease. But it can also put lots of pressure on your feet and ankles. So, for that reason, we're here to share our top four foot tips for gardening safely.

4 Tips to Prevent Gardening Injuries

1. **Pick the right shoes.** Your gardening shoes need to offer plenty of support, since yard work puts pressure on your feet and toes. That's especially true when you squat down to plant or fertilize flowers, since your bones could get compressed and inflamed without supportive footwear. (You may even need to add orthotics!) Also, you should only wear closed-toed shoes in your yard.

2. **Socks matter, too.** Working in the hot sun makes you sweat. And your feet aren't exempt. Choose sweat-wicking socks to keep your feet dry and reduce your risk for fungal infections. You should also avoid high, tight-fitting socks that can reduce your blood flow and lead to foot or ankle swelling.

3. **Protect your toenails.** Squatting while you garden can shove your toenails up against the edge of your shoes. And repeat pressure or injury raises your risk for ingrown toenails. To prevent this problem, trim your



nails straight across. And leave a little visible white nail when you trim. Together with wearing proper fitting shoes, this can help keep pressure or an injury from turning your nail growth inward.

4. **Garden like an athlete.** Stretch your feet, legs and ankles before and after gardening. Make sure to take breaks while you're in the garden and avoid daily yard work if your body is tired. Finally, drink plenty of water to reduce swelling and prevent cramps.

If you notice any ongoing pain or pressure from working in the garden, make an appointment right away with our office.

New Powerstep Styles for Spring and Summer



Orthotic Sandals and Slides



Just in time for warmer weather, we have expanded our line of supportive and fashionable Powerstep sandals. Besides women's sandals, we now carry sandals for men and slides for both men and women.

Powerstep Archwear Orthotic Sandals provide the perfect blend of Powerstep's trusted support and stability, plus plenty of comfortable cushioning. They can help relieve foot pain and provide comfort and support for multiple foot conditions, including plantar fasciitis and flat feet.

Powerstep sandals come in several colors and feature a contoured footbed with a built-in arch and heel cup for support and stability, a cushioned midsole to absorb shock and impact and comfortable straps that won't dig into your feet. These supportive orthotic sandals are lightweight with a non-slip grip – the outsole is made with a non-slip tread and textured surface for better traction when wet.

Sandals are \$59 each. Women's sandals are available in whole sizes 6-10 and in the following colors:

- teal/gray/charcoal
- plum/gray/charcoal
- khaki/coral
- brown/tan/coral
- black/light gray

The women's fashion sandals are also \$59, come in whole sizes 6-11 and are available in black only. Men's sandals are available in whole sizes 7-14 and come in chocolate brown and black.

Powerstep Archwear Orthotic Slides feature a contoured, anatomical neutral arch support with deep heel cradle for maximum support and stability in an easy slip-on style for those with standard arches. Cushioned midsole absorbs shock and impact with each step to help reduce foot and leg fatigue. The comfortable soft lining prevents the straps from digging into skin and the lightweight outsole and non-slip tread for provide foe better traction on wet or slippery surfaces.

Slides are \$65 and come in black. Women's slides are available in whole sizes 6-11 and men's are available in whole sizes 8-14. Both sandals and slides are available to try on and purchase in our office during business hours.

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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