



WESTFIELD FOOT & ANKLE

David R. Sullivan, DPM



CALL (317) 896-6655
www.westfieldfoot.com

Newsletter October 2018

In This Issue...

- Thanksgiving Dinner Could Be On Us!
- Have You Used Your Orthotic and Diabetic Shoe Benefits for 2018?
- Meet Marilyn Sickie, Our Friendly Front Office Manager
- The ABC's of Common Foot Problems
- Physical Therapy Goes Hand in Hand with Healing Foot Problems
- How To Choose the Best Winter Boot
- Word Search

Thanksgiving Dinner Could Be On Us!

From the time you receive this newsletter until **Sunday, Nov. 18**, when you like us on Facebook and follow us on Twitter, you will be entered into a drawing to win a Thanksgiving feast on us! We will be giving away **three turkey dinners**. Each dinner will feed approximately four to six individuals and comes with a turkey, sides and a pumpkin pie – all courtesy of Dr. Sullivan and Westfield Foot and Ankle, LLC!

By liking us on Facebook and following us on Twitter, you can get a double entry into our drawing. Like us on Facebook at facebook.com/Westfield-Foot-and-Ankle-LLC and follow us on Twitter at twitter.com/WestfieldFoot.

The drawing will take place in our office on **Monday, Nov. 19**. Be sure to spread the word and like us on Facebook and follow us on Twitter!



Have You Used Your Orthotic and Diabetic Shoe Benefits for 2018?

With the end of the year approaching, now would be a great time for you to take care of your feet by making sure you have used your insurance benefits or any health funds that may be available to you for purchasing orthotics during 2018. Don't put it off; there is no better time than the present to get your feet in shape for the new year! Make an appointment with our office as soon as possible.

For people with diabetes who have foot issues, Medicare will provide extra depth shoes and inserts. Funds in a flexible spending account (FSA), health savings account (HSA) or a health reimbursement arrangement (HRA) can usually be used for orthotics as well. Check with your employer to confirm the eligibility of using your health funds to purchase orthotics.



Who Should Take Advantage of Health Funds (FSA, HSA, or HRA) for Prescriptive Orthotics?

"I need a second pair." Those of you who already have prescription orthotics would probably love a second pair. Even if you have insurance that covered the first pair, you likely will need to pay out of pocket for a second pair. You might have had great success using orthotics in your tennis shoes. But now, you want to use them in your dress or everyday shoes and they don't fit. Now is the perfect time to get that second pair so that you can feel comfortable all day and night long.

"My podiatrist recommended them, but my insurance won't cover any prescription orthotics." If you're in this unfortunate situation and you have an FSA, HSA or HRA, now is the perfect time to use those dollars.

"I'm in a lot of pain. Will orthotics work for me?" Perhaps you have heel pain, a neuroma, are flat-footed or have bunions. Our office has treated all of these conditions with prescription orthotics. We would need to evaluate your specific situation to see if prescription orthotics are right for you.

....continued on page 2

Our Office

Westfield Foot and Ankle
16411 Southpark Drive,
Suite B
Westfield, IN 46074
Phone: (317) 896-6655

Office Hours

Monday:
8:30 AM - 4:30 PM

Tuesday:
9:30 AM - 6:00 PM

Wednesday:
8:30 AM - 4:30 PM

Thursday:
8:30 AM - 4:30 PM

Friday:
8:30 AM - 12:00 PM

Saturday: Closed
Sunday: Closed

www.westfieldfoot.com

Follow us...



...continued from page 1

Have You Used Your Orthotic....

-"Are there other lower cost options other than prescription orthotics?" Yes, we have several lower cost options that may work for your specific situation.

To make an appointment call us at 317-896-6655 or email us at appt@westfieldfoot.com now! We want you to have a great year with happier feet.

Meet Marilyn Sickle, Our Friendly Front Office Manager

Marilyn is a Hoosier native and her warm voice or smiling face is usually the first contact our patients have when they speak with our office or arrive for their appointment. Originally from the eastside of Indianapolis and a graduate of Arlington High School, Marilyn previously lived in Zionsville and now lives in Westfield.

Before joining the staff of Westfield Foot and Ankle, LLC in July of 2016, Marilyn worked for and retired from St. Vincent Hospital of Indianapolis as a patient access supervisor. During her time with St. Vincent, Marilyn was responsible for scheduling and supervising other employees in the patient access department as well as patient registration, billing and insurance approvals.

As the front office manager, Marilyn manages the day to day operations of our office: scheduling and confirming patient appointments, checking patients in and out, assisting with billing, handling correspondence, providing insight on how we can best serve our patients and anything else that Dr. Sullivan may need help with administratively. "Dr. Sullivan is really great to work for and I really enjoy the atmosphere at our office and my co-workers," said Marilyn.

In her personal time, Marilyn loves to spend time with her family and friends. Her son, Jason, lives with his wife in Littleton, Colorado. Her daughter, Amy, and granddaughter, Josey, live in Cannelton, Indiana. Marilyn also likes to travel, go on casino trips and listen to live music.



The ABC's of Common Foot Problems

Sometimes keeping healthy can be **as easy as ABC** – but not when it comes to certain foot problems.

All too often we overlook pain and discomfort in our feet, making excuses like "It's been a long day" or "Foot pain is just part of aging." These explanations are just not true! Foot pain is not normal. Don't ignore foot problem ABC's – we can help!



Achilles Tendonitis

The Achilles tendon is the largest in the body. This tendon connects your calf muscles at the back of your leg to the heel bone. Achilles tendonitis is inflammation of the tendon because of overuse.

Symptoms of Achilles tendonitis include aching above the heel or in the back of the leg after sports or running. You may experience more serious pain after climbing stairs or sprinting. The pain or stiffness may be worse in the morning.

Physical therapy and custom-fitted orthotics can ease the pain and promote healing. However, Achilles tendonitis can lead to a tendon tear or rupture which will require surgery.

Bunion

If you wear shoes that are too tight or narrow, you may develop a bunion. This bump forms on the joint at the base of your big toe and causes the toe to push against the next one. Other causes of bunions are foot stress, arthritis or an inherited defect.

Bunions can be sore and red, and calluses may develop from friction on your shoes.

Please come see us if you feel that you have a bunion. It will not go away on its own and complications like bursitis, hammertoe and inflammation of the ball of your foot may occur. Custom-fitted orthotics, taping or splint the foot into a better position and wearing shoes with a roomy toe box can relieve the pain and pressure of a bunion. Surgery may be required if the bunion causes you excessive pain or restricts your movements.

Calluses and Corns

These skin problems are very common but may be stubborn to heal. Appearing as thick, hardened layers of skin, they can be unsightly but may also cause pain when pressure is applied.

Calluses are usually found on the soles of your feet while corns appear on the tops, sides and in between the toes. Corns and calluses form when shoes don't fit properly – too tight or too loose – resulting in damaging friction. A visit to the foot doctor is necessary when the pain becomes excessive or the skin appears infected.

Caution for patients with diabetes – any skin problem on your feet can be cause for concern as it may worsen into an ulcer. DO NOT try trimming the callus or corn yourself and don't apply any over-the-counter acid products.

History FootNote

More than 200 years ago, the Royal Central Institute of Gymnastics in Sweden was the first documented professional physical therapy group. Its founder, Per Henrik Ling, is also the originator of Swedish massage.

Celebrity Foot Focus

The football season has already taken its toll on several players. Panthers' tight end Greg Olsen may have reinjured his foot recently after last season's Jones surgery on his right foot.

Physical Therapy Goes Hand in Hand with Healing Foot Problems

At our practice, we often prescribe physical therapy (PT) to help with a variety of foot problems. PT strengthens muscles, increases flexibility, promotes balance, builds range of motion and supports structural alignment.



October is National Physical Therapy Month and the perfect time to recognize the different ways that we partner with physical therapists to heal a variety of foot conditions:

- **Treating foot and ankle problems and injuries.** PT can help relieve the pain and swelling of injuries and foot conditions. For example, plantar fasciitis heel pain can be eased with treatments to decrease inflammation. Plantar fasciitis exercises include those for stretching, strengthening and balance.
- **Post-surgery.** We typically prescribe PT following foot surgery to help facilitate a speedy recovery. PT is often crucial to help the patient regain motion and strength, and to ultimately return to daily activities.

After a thorough examination, a physical therapist will set goals for the patient's function, flexibility and movement. The therapist designs an exercise program tailored specifically to the patient's individual needs and abilities.

PT treatments can utilize a range of treatments including targeted stretches and exercises, ultrasound, electrical stimulation, massage and cold or heat applications.

It's important that the patient follow physician and physical therapist directions for at-home care as well as exercising and rest to ensure the best chance of healing a foot condition or after surgery.

How To Choose the Best Winter Boot

Choosing the right winter boot is essential, even if you plan on just an occasional ski or snowboard weekend. Your fun in the cold and snow can be ruined if your feet hurt or get cold or wet. Frostbite is a reality especially for your toes as they are far from your heart but close to the ice and snow.



Here are our top tips for selecting the best winter boot to keep your feet warm, comfortable and safe:

- Good boots need warmth, traction and waterproofing. The thicker the insulation, the warmer the boot will be. Thinsulate is probably the most common and effective insulation. A stiffer sole will provide the stability and support that are necessary for winter hiking. However, hard mountaineering boots used for extreme conditions may be too cumbersome for a simple winter hike.
- Look for good quality wool socks, but make sure they are not too thick so they squeeze your foot. Wool absorbs moisture well as it insulates your feet. Make sure your socks fit well and don't slip or bunch up.
- Avoid moisture and excess sweating as damp socks and shoes can steal away precious body heat. If your body or feet begin to sweat, slow down your pace. Avoid cotton socks: these can soak up moisture but take quite a long time to dry.

Most importantly, make sure that your winter boots fit well. The boots must not be tight – this can restrict blood flow and lead to frozen toes – but the heel should fit snugly and not slip as you walk. Your toes should always be free enough to wiggle inside the boot.

Word Search

G B I U Q E X E R C I S E R R Y T Y X J
 R Y O N Z O R T H O T I C S N I X B R Q
 M H Q O S J X D Y Y T E N D O N I T I S
 P A D P T U P V E Y B W Q G C Y X C E K
 O M B H A S L L W Z B U Q W O W Z F R W
 D M I Y Y A Q A A I T A N Y R K N U C R
 I E W S Q F N R T N N U L I N J U R Y W
 A R P I V H X C Q I T T A A O N A B W E
 T T B C D D L L T C O A E J N N G B U U
 R O I A O F T M K U J N R R E C K Q D E
 I E P L U H W P M R T Q F Q Z Z E E I A
 S W Y E O I U X S T R E T C H I N G C W
 T G C G H R T B O S N O W L Y B X L E O
 L A S I A L U D U H R F Z V Q I T W R J
 A C A L L U S H B A Y G R S W S D V Q F
 P F I I N F L A M M A T I O N S O M U H
 T H E R A P Y P A C H I L L E S C C C Z
 C J I B Z X G A L F A S C I I T I S K B
 N L D Z D P D I A B E T E S T S B P T S
 B L G W W V N N Y L L K O T Q X N I G B

....continued on page 4

Foot Funnies



What did the physical therapist give the dairy farmer to relieve his foot pain? A calf stretch.

Trivia

Women experience foot problems 4 times more often than men.

- A. True
- B. False

Answer: True

....continued from page 3

inflammation	exercise	pain
stretching	plantar	podiatrist
diabetes	boots	orthotics
physical	bunion	achilles
callus	tendonitis	therapy
snow	hammertoe	socks
ice	balance	corn
insulation	injury	
fasciitis	winter	



Layout & artwork © Copyright 2018 Education.com Build your own custom worksheet at education.com/worksheet-generator

See Answer at:

www.ami-solutions.net/westfi/nl/2018/oct/wordsearch_answer.pdf

HELP US GROW!

LIKE US on [Facebook](#)
FOLLOW US on [Twitter](#)
CHECK OUT our weekly [Blogs](#)



WESTFIELD FOOT & ANKLE

David R. Sullivan, DPM

Westfield Foot and Ankle

16411 Southpark Drive, Suite B

Westfield, IN 46074

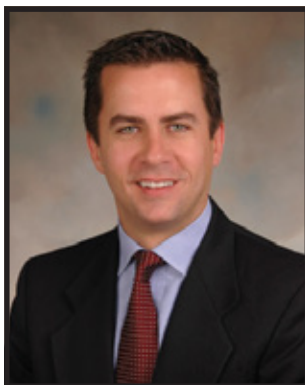
Phone: (317) 896-6655

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.



Powered by Blue Orchid Marketing

Meet our Doctor



David R. Sullivan, DPM, FACFAS, FACCWS

To Sign Up for Our Newsletter, Visit Our Web Site at: www.westfieldfoot.com