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A New Year's Resolution That's Easy to Keep: Schedule a Foot and Ankle Evaluation by a Podiatrist

Happy 2020! If you are like most Americans, you have made a resolution or two to improve your life and your health.

Let us suggest an easy and beneficial New Year's resolution for your health: Visit your podiatrist!

Why Choose a Podiatrist for Foot Care?

Podiatrists are highly trained healthcare professionals who are skilled in the diagnosis and treatment of foot, ankle and lower limb conditions. A podiatrist is the best doctor to treat and relieve day-to-day foot problems such as ingrown toenails, corns and calluses, skin conditions, bunions, heel pain and sports injuries.

Podiatrists, or doctors of podiatric medicine, earn a bachelor's degree in biology or similar science field and then attend podiatry school for 4 years. Upon graduation, a podiatrist candidate will work as a resident in a hospital for 3 years and also work with pediatricians, surgeons, anesthesiologists or infectious diseases specialists.

Patients with diabetes are smart to include a podiatrist on their support team. Because diabetes has such serious consequences for your feet, regular visits with a podiatrist will monitor your foot health and make sure that any skin or tissue damage is taken care of quickly.

What to Expect at Your Podiatrist Exam

After taking a complete medical history, we will check your gait, range of motion and assess your shoe fit. We will treat whatever problems that we observe. Many patients benefit from custom-fitted orthotics to relieve problematic pressure points and to correct any gait-related problems.

If we observe any concerns, we will quickly and accurately diagnose the problem and then present you with treatment options.

Start the New Year right with a comprehensive foot and ankle exam! With a foot check-up, you will be prioritizing your health as you step into 2020.

Solutions for Arch Pain

We have often written about heel pain, but what about pain in another part of your foot – the arch?

Your arch stretches from the base of your toes to your heel and helps to bear weight, absorb shock, create balance and stabilize movement. Arch pain is common especially in athletes and runners, but it can also affect those who are less active.

Arch pain can cause pain in the heel and ball of the foot as well as on the top. The pain may be worse when standing or walking and more intense in the morning when you first get out of bed.

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Our Office

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

Office Hours

Monday:
9:30 AM - 4:30 PM
Tuesday:
9:30 AM - 6:00 PM
Wednesday:
8:30 AM - 3:00 PM
Thursday:
7:30 AM - 4:30 PM
Friday:
8:30 AM - 12:00 PM
Saturday: Closed
Sunday: Closed

www.westfieldfoot.com

Follow us...



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Arch Pain Causes

Arch pain can be the result of structural issues aggravated by aging, overuse, physical stress and weight gain.

The muscles, ligaments, tendons or bones in the arch can be injured. Plantar fasciitis is a common cause of arch pain as are adult-acquired flatfoot and overpronation. Even a naturally high arch, called cavus foot, can cause pain and frequent ankle sprains.

Easing Arch Pain

Arch pain can be relieved with special custom-made orthotic shoe inserts. Shoes with extra ankle support can help too. Resting the foot and icing the area can ease the pain as can stretching exercises.

Over-the-counter medications can help inflammation and pain, and switching to more supportive shoes will ease sore arches.

If these conservative methods don't help, come visit us for professional help. Our treatments can include:

- Prescription shoes with orthotics or special arch supports
- Night splints
- Prescription medication
- Physical therapy
- Casting
- Bracing
- MLS Laser Therapy

In severe cases, surgery may be necessary.

Basketball Season Brings the Risk of Injury for Children and Teens

It's basketball season! This popular sport can be as low-key as shooting hoops in your driveway or as suspenseful as a championship game.

Incredibly, **more than half a million players** are treated for basketball-related injuries each year.

Common Basketball Injuries

Basketball involves lots of running, stops and starts and quick turns. These movements can put teens and kids at risk for injuries to the foot and ankle including soft tissue injuries and fractures. Overuse injuries like tendonitis are also common.

Frequent basketball injuries include bruises or contusions, broken bones and ligament injuries. Ankle injuries are very common and should be professionally evaluated so the athlete does not return to the game before healing is complete. Even if the injury is not obvious on an X-ray, a splint or cast can help healing and safe return to play.

If your child cannot bear weight because of pain and/or swelling, it's time to visit us for an extensive evaluation, diagnosis and expert treatment.

Preventing Basketball Foot and Ankle Injuries

- Train in advance with aerobics and flexibility and strength workouts.
- Increase pre-training activity gradually.
- Warm-up and stretch before practices and games.
- Stay hydrated.
- Choose athletic footwear that is well-fitting and appropriate to the sport. Ankle supports can help reduce the risk of sprains.
- Avoid overuse by cross-training or playing a different sport for a season.

Parents...never allow your child to play through pain. It's okay – and smart – to sit on the bench to allow full recovery from an injury.



MLS Laser Therapy Provides Relief from Debilitating Pain and Patient Resumes Active Lifestyle

"MLS Laser Therapy has made a huge improvement. My left foot feels 90% better and the right is 80%. I probably will not run again, but I walk and garden and get through my day without debilitating pain."

A rolled ankle is initially what brought Corinthia White into Westfield Foot and Ankle in July. During her appointment with Dr. Sullivan, White also asked about the significant pain she was experiencing in her left foot from a condition called metatarsalgia. White had been suffering with pain for two years.

Metatarsalgia is a condition in which the joint where the toe connects to the foot becomes inflamed typically from repetitive stress or structural issues.continued on page 3



History FootNote

The world record for basketball free throws consecutively shot and made was set by a retired podiatrist in California. In 1993, Dr. Tom Amberry was 71 when he took 12 hours to make 2,750 free throws – without a miss! His record stood until 1996.

Celebrity Foot Focus

Dr. Suzanne Levine, podiatrist to the stars – including Oprah Winfrey, Diane Sawyer and Liam Neeson – offers “foot facials” for \$225.

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To treat her metatarsalgia, White was initially given a cortisone injection. Unfortunately, though, the cortisone injection provided relief for only a few months and White was once again experiencing debilitating pain. White was also concerned because she feared arthritis was spreading to her feet.

"I was a runner, a gardener and enjoyed biking – always active. I was to the point of not being able to run as far or as fast," said White. "Stopping to relieve the pressure and pain so much that sometimes I felt like just crying and crawling home. Once the pain started, it lasted all day and slowed down everything I did."

She decided to try MLS Laser Therapy after Dr. Sullivan talked with her about the revolutionary new treatment. At Westfield Foot and Ankle, we use an M6 Dual Wave Class IV Laser, a Multi-Wave Locked System. Westfield Foot and Ankle is the only podiatry practice offering this painless, evasive and drug-free therapy in Hamilton and Boone Counties. MLS Laser Therapy was cleared by the FDA in 2009.

The MLS Laser uses specific wavelengths of light to treat painful or debilitating conditions such as peripheral neuropathy, plantar fasciitis, arthritis, tendonitis and more. The laser treats these conditions by penetrating deep into the tissue to stimulate regeneration at the cellular level and has been shown to speed healing time by 30 to 40%.

"It was better than the alternative of surgery and it couldn't make my feet worse than they already were" said White. "I checked with my daughter who works for an orthopedics practice. Both she and one of the doctors said it seemed like a good thing. What could it hurt?"

White has had much success with MLS Laser Therapy and has recommended the cutting-edge treatment to others.

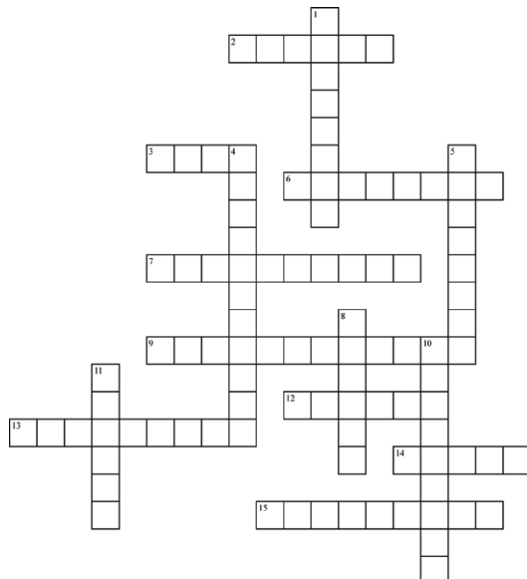
"MLS Laser Therapy has made a huge improvement. My left foot feels 90% better and the right is 80%. I probably will not run again, but I walk and garden and get through my day without debilitating pain," said White. "I have already recommended MLS Laser Therapy to several people because of the results I had."

Moving forward, White is considering having six more treatments once a month beginning in January as a type of maintenance treatment.

If you are suffering from a debilitating foot or ankle condition and would like to learn more about how MLS Laser Therapy may be able to help you, visit our website at <https://www.westfieldfoot.com/mls-laser> or call our office at (317) 896-6655 to schedule a consultation.



Crossword Puzzle



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Foot Funnies



Why did the foot doctor's son take up podiatry?
Because he wanted to follow in his father's footsteps.

Trivia

January has 31 days. How many other months also have 31 days?

- A. Five
- B. Six
- C. Seven
- D. Eight

Answer: C

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Across

2. painful bump on the big toe joint
3. back portion of the lower leg
6. cosmetic treatment of feet and toenails
7. foot doctor
9. the body's response to injury
12. medical equipment that keeps an injured body part immobile
13. malformation of a body part
14. place in the body where bones connect
15. thigh muscle

Down

1. disease where blood sugar is too high
4. bending easily
5. one spot rubbing against another
8. thickened skin on the feet caused by friction
10. shoe inserts custom made for the patient
11. dried out gourd for scrubbing the body

See answer at: www.ami-solutions.net/westfi/ni/2020/jan/index.html



Westfield Foot and Ankle

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Meet our Doctor



David R. Sullivan, DPM, FACFAS, FACCWS

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