

NorthPointe Foot & Ankle
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NorthPointe News



WELCOME DR. AIMEE POPOFSKI



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Investing in the Future

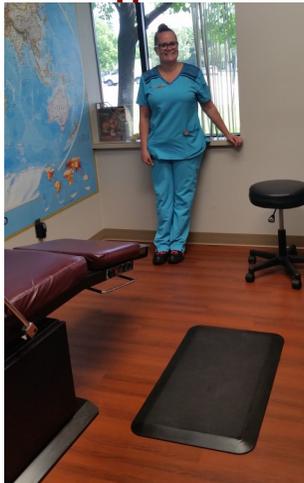
Over the last several months, the NorthPointe Foot & Ankle office has been undergoing some changes that we hope you like.

It all started with new uniforms for the staff. A comfortable design and soothing blue color identifies all those that are here to help with your visit.



New carpet, paint, lighting, artwork and chairs now welcome patients, as well as a shift to wooden floors in the exam rooms.

NorthPointe will continue to put their patients first by making sure they are treated in a comfortable environment and with equipment, such as the new X-ray system, that offers the latest in treatment support.



NorthPointe Foot & Ankle is pleased to introduce the newest member of their podiatric team, Dr. Aimee Popofski.

“Dr. Aimee Popofski is a welcome addition to our team,” said Dr. Lee Hoffman, NorthPointe Foot & Ankle partner. “She is an experienced and considerate podiatrist that takes great care of her patients. We are very confident that the residents in the communities we serve will find her care comprehensive and compassionate.”

Dr. Popofski earned her doctorate of podiatric medicine from California College of Podiatric Medicine and is board certified in foot surgery. She comes to NorthPointe Foot & Ankle with more than 14 years of podiatric experience having worked at a busy practice in Commerce. Although she treats foot and ankle concerns of all kinds, her focus is on the treatment of foot injuries and surgical repairs of foot issues.

“This is an exciting new career opportunity for me. I am looking forward to getting to know the patients of NorthPointe and helping them find solutions to their foot concerns,” said Dr. Popofski. “I anticipate enjoying a long and positive experience with all associated with the practice.”

Dr. Popofski currently sees patients at NorthPointe Foot & Ankle on Wednesdays. The office is accepting new patients. In addition to NorthPointe, she practices at other offices within the Foot & Ankle Specialists of Southeast Michigan organization including Sterling Heights, Warren, and Livonia.

A resident of Walled Lake, Dr. Popofski resides with her husband and 2-year old son.



You're Invited!

NorthPointe Foot & Ankle's Pre-Dream Cruise Picnic

Join us for the NorthPointe Foot & Ankle Annual Pre Dream Cruise Party for our patients! Enjoy National Coney Island hot dogs and classic car watching on Woodward Avenue.

Date: Thursday, August 16, 5 - 8 p.m.

RSVP: (248) 545-0100 by August 10

Space is limited

Reservations are limited and will be provided on a first-come, first-served basis.

Although there is no fee to participate, monetary donations to support the **Berkley/Huntington Woods Youth Assistance** program will be accepted and appreciated.

Berkley/Huntington Woods Youth Assistance is a non-profit organization in Berkley that provides confidential, short-term family-centered counseling and referral services for young people. To find out more about BHWYA visit their website: www.BHWYA.org.



Pediatric Flatfoot

Flatfoot is common in both children and adults. When this deformity occurs in children, it is referred to as “pediatric flatfoot.” Although there are various forms of flatfoot, they all share one characteristic – partial or total collapse of the arch.

Pediatric flatfoot can be classified as symptomatic or asymptomatic. Symptomatic flatfeet exhibit symptoms such as pain and limitation of activity, while asymptomatic flatfeet show no symptoms. These classifications can assist your NorthPointe doctor in determining an appropriate treatment plan.

Flatfoot can be apparent at birth or it may not show up until years later. Most children with flatfoot have no symptoms, but some have one or more of the following symptoms:

- Pain, tenderness, or cramping in the foot, leg, or knee
- Outward tilting of the heel
- Awkwardness or changes in walking
- Difficulty with shoes
- Reduced energy when participating in physical activities
- Voluntary withdrawal from physical activities



If a child has no symptoms, treatment is often not required. Instead, the condition will be observed and re-evaluated periodically by your NorthPointe Foot & Ankle doctor. Custom orthotic devices may be considered for some cases of asymptomatic flatfoot.

When the child has symptoms, treatment is required. The foot and ankle surgeon may select one or more of the following non-surgical approaches:

- **Activity modifications.** The child needs to temporarily decrease activities that bring pain as well as avoid prolonged walking or standing.
- **Orthotic devices.** The foot and ankle surgeon can provide custom orthotic devices that fit inside the shoe to support the structure of the foot and improve function.
- **Physical therapy.** Stretching exercises, supervised by the foot and ankle surgeon or a physical therapist, provide relief in some cases of flatfoot.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to help reduce pain and inflammation.
- **Shoe modifications.** The foot and ankle surgeon will advise you on footwear characteristics that are important for the child with flatfoot.

In some cases, surgery is necessary to relieve the symptoms and improve foot function. The surgical procedure or combination of procedures selected for your child will depend on his or her type of flatfoot and degree of deformity.

Additional Advice for Parents

- Foot problems noticed at birth will not disappear by themselves. Do not wait until a child gets older to fix a problem! Foot problems in youth can lead to greater problems down the road. If there are concerns about the way a child is walking, get him/her checked by a podiatrist. A lack of complaint by a youngster is not a reliable sign that there is no problem.
- Going barefoot is a healthy activity for children under the right conditions. However, walking barefoot on dirty pavement can expose children's feet to the dangers of infection through accidental cuts and to severe contusions, sprains or fractures. Plantar warts, a virus on the sole of the foot, can also be contracted.
- Children's sports-related injuries are on the rise. A child's visit to a podiatrist can help determine any concerns there may be regarding the child participating in specific sports and help identify the activities that may be best suited for the individual child. Protective taping of the ankles may be recommended to help prevent sprains and fractures



Buying Children's Shoes

During the back-to-school time frame and throughout the year, one of the most important purchases on any parent's shopping list should be a pair of proper fitting shoes for their child. The doctors of NorthPointe would like to share several important factors that parents should consider while shopping:

- **Children's Feet Change with Age.** Shoe and sock sizes may change every few months as a child's feet grow.
- **Shoes That Don't Fit Properly Can Aggravate the Feet.** Always measure the child's feet before buying shoes, and watch for signs of irritation.
- **Never Hand Down Footwear.** Just because a shoe size fits one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.
- **Examine the Heels.** Children may wear through the heels of their shoes quicker than outgrowing shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.
- **Take Your Child Shoe Shopping.** Every shoe fits differently. Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.
- **Always Buy for the Larger Foot.** Feet are seldom precisely the same size.
- **Buy Shoes That Do Not Need a "Break-In" Period.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.
- **Consider Closed Toe Shoes.** Covering the child's toes allows for more protection.

