

NorthPointe Foot & Ankle
27901 Woodward Ave.
Suite 110
Berkley, MI 48072
(248) 545-0100
MichiganFootCare.com

Jeffrey Frederick, DPM
Lee Hoffman, DPM
Charles G. Kissel, DPM
Michael Schey, DPM

Product Feature

AMERIGEL

Amerigel Skin and Wound Care Products contain Oakin, a proprietary oak extract proven to treat a variety of skin conditions. The tannins found in the Oakin enhance the natural healing of wounds, ulcers, burns, sores, cuts, rashes and is recommended for problematic skin conditions caused by diabetes.

This unique ingredient has earned AmeriGel Wound Dressing a #1 rating by podiatrists across the country for use as a topical wound/ulcer and post surgical treatment.



Please visit your NorthPointe Foot & Ankle doctor to find out if Amerigel is right for you.

For this and other foot care products stop by our office or visit our online store at www.MichiganFootCare.com

If you would like to receive our monthly newsletter, send your email address to: Doctors@NorthPointeFoot.com

NorthPointe News

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Healing Heels

Many conditions can affect the back portion of the foot and ankle. Fortunately, the vast majority of heel problems can be resolved through conservative treatments. However, when pain persists or deformity occurs, surgical intervention can often help alleviate pain, reduce deformity, and/or restore the function of your foot or ankle.

Heel Surgery

Two common conditions that can cause pain to the bottom of the heel are plantar fasciitis and heel spur(s).

Plantar Fasciitis is an inflammation of a fibrous band of tissue in the bottom of the foot that extends from the heel bone to the toes. This tissue can become inflamed for many reasons, most commonly from irritation by placing too much stress (such as excess running and jumping) on the bottom of the foot.

Heel Spur(s) or heel spur syndrome are most often the result of stress on the muscles and fascia of the foot. This stress may form a spur on the bottom of the heel. While many spurs are painless, others may produce chronic pain.

Based on the condition and the chronic nature of the disease, procedures to stimulate the natural healing of the tissues (Extracorporeal Shockwave Therapy or Radiofrequency microfaciotomy) or endoscopic or open heel surgery can provide relief of pain and restore mobility in many cases. The type of procedure is based on examination and may consist of office or outpatient based surgery. There have been various modifications and surgical enhancements regarding surgery of the heel.

There are many other causes of heel pain, which has become one of the most common foot problems reported by patients of podiatric physicians. Many of them have a basis in heredity, as do a lot of other foot conditions. Among the causes are stress fractures and stress-fracture syndrome, entrapped nerves, bruises, bursitis,

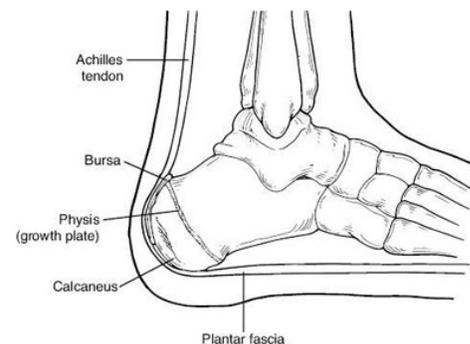
arthritis (including gout), deterioration of the fat pad on the heel, improper shoes and obesity, just to name some. Other heel issues include:

Haglund's Deformity (pump bump)

This deformity is characterized by a bony enlargement on the back of the heel. Although not always painful, it may become so if bursitis develops near the Achilles tendon secondary to footwear irritation. If attempts at shoe modification and other medical treatments fail to improve this condition, surgical procedures may be beneficial.

Insertional Achilles Calcification/Spur

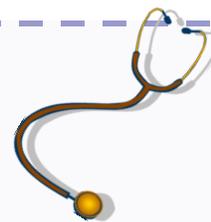
This deformity differs from Haglund's deformity, in that spur formation or calcification at the insertion of the Achilles tendon is the cause of pain. Often associated with Achilles tendinitis, this deformity can often be difficult to treat medically and therefore surgical treatment may be necessary in chronic cases. There are many causes of this condition, including arthritis, but the most common appears to be overuse syndrome, where trauma occurs where the Achilles tendon attaches to the heel bone.



Postoperative Care

Surgery of the heel requires close care following surgery. To assure a rapid and uneventful recovery, it is important to follow your podiatric surgeon's advice and postoperative instructions carefully. The usage of bandages, splints, casts, surgical shoes, crutches, or canes may be necessary after surgery. Your podiatric surgeon will also determine if and when you can bear weight on an operated foot.

Just The Basics!



NorthPointe Foot & Ankle Medical Assistants Craig Alexander and Mike Lane know what it's like to be far away from home and missing items that most take for granted. Craig, a former Navy Corpsman living in Clarkston, and Mike, a former Marine living in



Mike Lane & Craig Alexander

Farmington, still have ties to many in active duty and have started a donation campaign to keep soldiers front of mind and stocked with some bare essentials. The doctors of NorthPointe Foot & Ankle happily support their employee campaign and invite the community to join them.

- Lotions
- Face wash towelettes
- Spray deodorant
- Baby wipes in pouches not canisters
- Q-tips
- Band-Aids
- Brown Socks
- Army green t-shirts
- Candy
- Magazines, paper, pens
- Decks of cards, hand held games (with batteries)
- Flavoring water packets
- Hand written letters - be advised that letters will be read by an officer before they reach the unit.

Donations of the following items are now being collected and will be mailed directly to the 800+ marines and sailors of the 2nd Battalion, 6th Marines in Afghanistan. Donations will be collected throughout the year and mailed as boxes are filled.. The first shipment left in mid-March and included 100 pair of socks donated by the doctors of NorthPointe Foot & Ankle.

Items needed:

- Tweezers, nail clippers, nail files
- Sun screen
- Chap stick
- Dental floss, tooth brush, toothpaste
- Shaving cream, disposable blades

About the 2nd Battalion, 6th Marines: The 2nd Marine Division is a multi-role, expeditionary ground combat force. The Division is employed as the ground combat element (GCE) of II Marine Expeditionary Force (MEF) or may provide task-organized forces for assault operations and such operations as may be directed. The 2nd Marine Division must be able to provide the ground amphibious forcible entry capability to the naval expeditionary force (NEF) and to conduct subsequent land operations in any operational environment

Help us support the troops! Drop-off your donations to NorthPointe Foot & Ankle Monday through Friday during office hours

Tip of the Month: Heel Exercises

Basic exercises for those with heel pain include:

Stretching: Sit or lie on your back and use a towel or exercise band to gently pull your foot back toward your belly. Two to three minutes before you get out of bed and again in the evening will do. You should never stretch the foot while standing with full weight on it.



Shoes: An athletic shoe with a thick soft heel material should be worn as much as possible, particularly the first thing in the morning when arising from bed. This allows the fascia to warm up a bit before being stressed.

Circles: Doing circles with the feet at the ankles will help stimulate circulation and improve healing.

Preloading: Before rising from bed or a chair, sit and lean on your knees for five to ten seconds to allow some load to be placed on the plantar fascia prior to fully arising. The fascia is reinjured when it takes all the strain at once.

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APRIL SHOWERS



Now that Spring has sprung— treat yourself to a daily walk. A little stretching and the use of proper shoes will you keep you walking comfortably!

April 15 – 21 is National Volunteer Week. National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It is also a time to recognize all of the people that do give of their time and resources throughout the year. THANK YOU to all of you that volunteer for your church, community or special organization.

April 22 is Earth Day. More than one billion people around the globe will participate in Earth Day 2012 and help Mobilize the Earth™. Make a positive impact on our environment this year by planting a tree, recycling and/or becoming part of a community clean-up project. Learn more at: www.earthday.org/2012.