

**NorthPointe Foot & Ankle**  
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## Product Feature

### BRAND NEW PRODUCT FOR SEVERELY DRY SKIN - KERA-42

42% urea in a vehicle containing Tea Tree Oil, Aloe and antioxidants.

Exfoliate, restore and moisturize severely calloused rough dry skin.

Exfoliates dead skin, perfect for the severely dry problem skin. Especially with the winter coming our way!

Dispensed only by Physicians.



For this and other foot care products visit our online store at:  
[www.MichiganFootCare.com](http://www.MichiganFootCare.com)  
or stop by our office.

# NorthPointe News

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## Foot or Ankle Sprain or Fracture

The feet and ankles work together to provide support and mobility to the body. A foot or ankle sprain is a soft tissue injury. Most often, a sprain occurs when an injury pulls, stretches, or tears the ligaments that connect bone to bone. A fracture is actually a break in the bone.

### Causes

Injuries are the most common causes of foot and ankle sprains and fractures. Many fractures and sprains occur during sports. Slipping on ice, tripping or stumbling on uneven ground are other common causes of foot and ankle injuries.

### Symptoms

Pain, swelling, bruising, and difficulty walking on the affected foot or ankle are the most common symptoms of a sprained or fractured foot or ankle.

### Home Care

If you've hurt your foot or ankle, it's best to err on the side of caution. The acronym **R.I.C.E.** can help you remember what to do.

**Rest**—Rest the affected area. Stay off the injured foot or ankle until it can be fully evaluated.

**Ice**—Apply ice to the affected area as soon as possible, and reapply it for 15–20 minutes every three or four hours for the first 48 hours after injury. Ice can decrease inflammation.

**Compression**—Wrap an elastic bandage (such as an Ace® wrap) around the affected foot or ankle. The wrapping should be snug, but not so tight as to cut off circulation.

**Elevation**—Elevate the affected extremity on a couple of pillows; ideally, your foot or ankle should be higher than your heart. Keeping your foot or ankle elevated also decreases swelling.

### When to Visit a Podiatrist

If you've injured your foot or ankle, see your NorthPointe Foot & Ankle podiatrist. They can determine the extent of the injury and develop a plan of care to get you back on your feet as soon as possible. Increased pain, swelling, bruising, redness, or diffi-

culty walking after an injury are definite signs that it's time to see a podiatrist.

### Diagnosis and Treatment

Your podiatrist will carefully examine your feet and ankles and determine the extent of your injury with the help of an X-ray, ultrasound, or MRI. Ultrasounds and MRIs are useful for finding soft tissue injuries (including torn ligaments) and stress fractures.

Treatment will depend on your injury. If you have



a broken bone, your podiatrist may attempt to "reduce" the fracture, which means lining up the ends of the bones so they can heal properly. If the fracture is "unstable," meaning that the ends of the bone do not stay in place after a reduction,

surgery may be needed. Podiatrists can use metal plates and screws to fix broken bones.

Stress fractures are treated with rest and immobilization. You will be instructed to stay off the affected area until healing is complete. Crutches and/or a special "boot" or cast may be used to immobilize the area.

Sprains are also treated with a period of immobilization. Depending on the extent of your sprain, you may be able to resume activity fairly quickly, or you may need to wear a soft cast or special "boot" and use crutches for a period of weeks.

Oral anti-inflammatory medication, such as ibuprofen, can be used to decrease pain, swelling, and inflammation.

**If you would like to receive our monthly newsletter, send your email address to:**  
[Doctors@NorthPointeFoot.com](mailto:Doctors@NorthPointeFoot.com)

# What is a Heel Fissure?

Colder weather this time of year brings along with it specific foot concerns. Dry, cracked skin on the heels of the feet can develop into painful fissures if not treated properly. These cracks on the heels can arise anywhere in the body, but most commonly occur on the rim of the heel and web spaces. Dry skin, or xerosis, in combination with callused skin around the heels can lead to fissuring.



To avoid painful cracks this winter, be sure to apply a lotion to the heels multiple times per day, and always wear socks with supportive shoe gear. If you are up for home remedies and the cracks are not deep or open, try applying this paste daily to your feet: mix in a blender ½ avocado, ½ banana and ½ coconut – these ingredients are rich in several essential oils and fat soluble vitamins to keep your skin soft and moisturized. If you would rather try something more conventional, pick up a jar of a moisturizer cream like Eucerin, shea butter or petroleum jelly instead. There are professional grade moisturizers available in our office as well as prescription medication that may be used for heel fissures.

Heel fissures are actually cut wounds that extend through the epidermis and into the dermis. When the fissures reach the lower layers of skin, bleeding can occur which means so can an infection. Special consideration must be taken with patients who also suffer from Athletes foot (Tinea Pedis), Psoriasis, Thyroid disease, Eczema, or Diabetes. The good news is this painful problem is easily avoidable with proper foot care.

Excessive pressure or weight on the fat pad of the heel causes it to expand sideways, making this area especially susceptible. Excessive exposure of the feet to water can decrease the skin of its natural oils. Also, as we age, the skin decreases its production of sebum (the beneficial oils normally released by the skin). This, along with the loss of the skin's ability to stretch, means elderly people are more likely to suffer from dry, cracked heels.

If creams alone are not enough to heal those cracks, try wrapping the feet in saran wrap after applying the cream, then put your socks on to hold in the extra moisture over night. Just be sure to do this only before bed, as it will be slippery to walk around! Heel fissures can be a recurrent problem, and often affect both feet, making this painful condition even more important to deal with right away.

Your NorthPointe Foot & Ankle podiatrist can help you determine the correct action to take for recurring problems.



## Boot Buying

Now that the winter months are here, it is time to check last years boots for proper fit and see what condition they are in. Chances are - it is time for a new pair. When shopping for any footwear, keep in mind protection, support, comfort and stylishness. The doctors at NorthPointe Foot & Ankle, have this boot selection advice to share:

1. Be sure your boots are insulated and waterproof. Even if the boot maker says the boots are waterproof, still treat it with a waterproofing product. The body has to work harder to compensate for moisture, so you want to minimize as much moisture to your foot as possible.
2. Select natural materials like leather that allow proper airflow and help to keep feet dry.
3. Although rubber boots will keep you dry, rubber does not breathe. Make sure that any rubber boots purchased are fully lined to help absorb foot moisture.
4. Boots with rigid shaped soles limit natural foot movement and provide little, if any, arch support. Add cushioned insoles and arch supports.
5. The best traction is received from boots with a rubber sole and deep grooves.
6. Styles with narrow toes and high heels often cause pain and numbness. Select a lower heel or stacked style for additional support. Choose a style with plenty of toe room, a firm heel counter and traction to ensure stability.
7. To provide warmth, ski sock liners are a way to keep feet warmer without adding bulk. They are available at sporting good stores and are worn under regular socks.
8. Above all – listen to your feet. If they are not comfortable, the footwear selected is not the best choice.



## Warm up Your Neighbors!

NorthPointe Foot & Ankle is once again joining the Berkley Senior Center and the Berkley Youth Assistance Club to collect new gloves, hats, scarves and socks for all ages. The gifts will be distributed to those less fortunate in the community before Christmas—including students in the Berkley School District.

**COLLECTION: OF NEW ITEMS**  
**November 26 - December 14**  
**Hats, Gloves,**  
**Scarves, Socks**



## HAPPY HOLIDAYS!

The doctors and staff of Northpointe Foot & Ankle wish you and your family a safe and healthy holiday season.

