

NorthPointe Foot & Ankle
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Product Feature

For added support in the winter months, consider wearing an ankle wrap to help with foot and ankle stabilization.

There are many options available like the CMO Quick-Tie Ankle Brace which provides the following benefits:

- It provides comfortable feeling of support and ankle control.
- Two sets of adjustable laces allows you to customize the amount of upper and lower ankle support that you need.
- Once the fit is set, the speed lacing tabs allow you to easily and quickly put this brace on and take it off.
- Seamless bottom for extra comfort.
- Center wedge provides flexion and extension, while maintaining proper support.

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



NorthPointe News

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Stay On Your Feet This Winter!

Winter is here and the weather forecast is for snow and ice! The winter months make us particularly vulnerable to slip and fall accidents due to uneven snow and slippery ice.

Foot and ankle emergencies happen every day. Broken bones, dislocations, sprains, contusions, infections, and other serious injuries can occur at any time. Early attention is vitally important. Whenever you sustain a foot or ankle injury, you should seek immediate treatment from your NorthPointe Foot & Ankle physician.

If you find yourself with a foot or ankle injury, **DON'T** fall for the following health care myths:

"It can't be broken, because I can move it." FALSE This widespread idea has kept many fractures from receiving proper treatment. The truth is that often you can walk with certain kinds of fractures. Some common examples: Breaks in the smaller, outer bone of the lower leg, small chip fractures of either the foot or ankle bones, and the often neglected fracture of the toe.

"If you break a toe, immediate care isn't necessary." FALSE A toe fracture needs prompt attention. If X-rays reveal it to be a simple, non-displaced fracture, care by your podiatric physician usually can produce rapid relief. However, X-rays might identify a displaced or angulated break. In such cases, prompt realignment of the fracture by your podiatric physician will help prevent improper or incomplete healing. Often, fractures do not show up in the initial X-ray. It may be necessary to X-ray the foot a second time, seven to ten days later. Many patients develop post-fracture deformity of a toe, which in turn results in a deformed toe with a painful corn. A good general rule is: Seek prompt treatment for injury to foot bones.

"If you have a foot or ankle injury, soak it in hot water immediately." FALSE Don't use heat or hot water on an area suspect for fracture, sprain, or dislocation. Heat promotes blood flow, causing greater swelling. More swelling means greater pressure on the nerves, which causes more pain. An ice bag wrapped in a towel has a contracting effect on blood vessels, produces a numbing sensation, and prevents swelling and pain. Your podiatric physician may make additional recommendations upon examination.

"Applying an elastic bandage to a severely sprained ankle is adequate treatment." FALSE Ankle sprains often mean torn or severely overstretched ligaments, and they should receive immediate care. X-ray examination, immobilization by casting or splinting, and physiotherapy to ensure a normal recovery all may be indicated. Surgery may even be necessary.



"The terms 'fracture,' 'break,' and 'crack' are all different." FALSE All of those words are proper in describing a broken bone.

If an injury or accident does occur, the steps you can take to help yourself until you can reach your podiatric physician are easy to remember if you can recall the word **"RICE"**.

Rest. Restrict your activity and get off your foot/ankle.

Ice. Gently place a plastic bag of ice wrapped in a towel on the injured area in a 20-minute-on, 40-minute-off cycle.

Compression. Lightly wrap an Ace bandage around the area, taking care not to pull it too tight.

Elevation. To reduce swelling and pain, sit in a position that allows you to elevate the foot/ankle higher than your waist.

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Doctors@NorthPointeFoot.com



SHOULD YOU BE TESTED FOR P.A.D.?

February is designated American Heart Month. It is the perfect time to take action on preventative care for your heart. As your foot care physicians, we recommend a very simple, yet telling, test be done to confirm proper circulation and avoid potential complications.

Commonly referred to as “poor circulation,” Peripheral Arterial Disease (P.A.D.) is the restriction of blood flow in the arteries of the leg. When arteries become narrowed by plaque (the accumulation of cholesterol and other materials on the walls of the arteries), the oxygen-rich blood flowing through the arteries cannot reach the legs and feet. The presence of P.A.D. may be an indication of more widespread arterial disease in the body that can affect the brain, causing stroke, or the heart, causing a heart attack.

Most people have no symptoms during the early stages of P.A.D. Often, by the time symptoms are noticed, the arteries are already significantly blocked. Please take a minute to answer the following questions. If you answer “yes” to any of them, we urge you call and make an appointment with us today. Testing for P.A.D. is simple, painless and takes only 15—20 minutes.

1. Do you have any discomfort or aching in the muscles of your legs when you walk that is relieved by rest?

- Yes No

2. Do your legs ever feel fatigued or heavy when walking or are active?

- Yes No

3. Are you bothered most nights with burning, pain or coldness in your feet or toes?

- Yes No

4. Do you ever need to stop and rest when walking or have difficulty keeping up with others?

- Yes No

5. Would you have difficulty doing any of the following because of leg fatigue, weakness or discomfort?

Walking one block? Yes No

Climbing one flight of stairs? Yes No

Walking at an increased pace? Yes No

6. Have you noticed changes in the color or temperature of your feet?

- Yes No

7. Have you experienced poor healing of wounds?

- Yes No

8. Do you have a history of, or take medication for any of the following?

Diabetes or “borderline” diabetes?

Age > 70 years

Smoking or history of smoking?



Prevent Winter Sports Injuries

Your NorthPointe Foot & Ankle doctors recommend properly fitted shoes or boots to prevent winter and snow injuries. With adequate preparation and proper equipment, you can prevent most injuries common to winter and snow sports.

- Maintain an adequate fitness level all year round. Being fit is the best way to avoid many sports-related injuries in winter.
- Winter walking shoes or boots should be water resistant. They should include a Gore-Tex liner and rubber outside.
- Warm up thoroughly before activity. Cold muscles, tendons, and ligaments are vulnerable to injury. Make sure to cool down thoroughly afterwards.

- Wear several layers of light, loose, water and wind-resistant clothing for warmth and protection.
- Wear proper footwear that is in good condition and keeps feet warm and dry. Footwear should provide ample ankle support.



www.MichiganFootCare.com

Easily visit our website by scanning this bar code:

