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Product Feature

Cho-Pat Achilles Tendonitis Strap

Experience immediate relief from Achilles tendonitis and return to your normal activities with the Cho-Pat Achilles tendonitis strap.

How it works: Cho-Pat's Achilles Tendonitis Strap works by reducing stress on the Achilles tendon in two ways:

- By spreading muscular contraction forces away from the Achilles tendon
- By promoting an early heel rise, the stretch and stress on the Achilles tendon is reduced.



Ask your NorthPointe Doctor if the Achilles tendonitis strap would provide relief for you.

For this and other foot care products visit our online store at:
www.MichiganFootCare.com

NorthPointe News

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Achilles Tendonitis

The Achilles tendon is the largest tendon in the human body and can withstand forces of 1,000 pounds or more. It also is the most frequently ruptured tendon, usually as a result of a sports injury. Both professional and weekend athletes may suffer from Achilles tendonitis, a common overuse injury and inflammation of the tendon.

Achilles tendonitis is inflammation of the tendon that connects the calf muscles of the leg to the heel of the foot. Once inflamed, the tendon can be slow to heal due to its poor blood supply. It is more common as an overuse injury in athletes, especially those who play sports like tennis, football, soccer and running, and also occurs commonly in overweight individuals.

Events that can cause Achilles tendonitis may include:

- Hill running or stair climbing (including walking uphill on a treadmill).
- Overuse, stemming from the natural lack of flexibility in the calf muscles.
- Rapidly increasing mileage or speed when walking, jogging, or running.
- Starting up too quickly after a layoff in exercise or sports activity, without adequately stretching and warming up the foot.
- Trauma caused by sudden and/or hard contraction of the calf muscles when putting out extra effort, such as in a sprint.
- Improper footwear and/or a tendency toward overpronation.

Achilles tendonitis often begins with mild pain after exercise or running that gradually worsens.

Other symptoms include:

- Recurring localized pain, sometimes severe, along the tendon during or a few hours after running.
- Morning tenderness or pain upon rising from a



sitting position about an inch and a half above the point where the Achilles tendon is attached to the heel bone.

- Sluggishness in your leg.
- Mild or severe swelling.
- Stiffness that generally diminishes as the tendon warms up with use.

Treatment normally includes:

- A bandage specifically designed to restrict motion of the tendon.
- Wearing shoes with increased heel height or wedge heel shoes.
- Refrain from walking barefoot or in flip-flops/slippers.
- Standing up from sitting in two stages to allow partial load in tendon prior to full weight-bearing.
- Taking nonsteroidal anti-inflammatory medication for a period of time.
- Orthotics, which are corrective shoe inserts designed to help support the muscle and relieve stress on the tendon. Both nonprescription orthoses (such as heel pads or over-the-counter shoe inserts) and prescribed custom orthotics may be recommended depending on the length and severity of the problem.
- Rest and switching to exercises that do not stress the tendon (such as swimming).
- Stretching and exercises to gently loosen the tight tendon. These exercises must be done without weight-bearing on the injured tendon.
- Physical Therapy modalities to increase blood flow to the area. Again, stretching must be gentle and without weight-bearing.
- Walking boot or casts may be required to allow rest to the tendon for healing.

In extreme cases, surgery may be recommended.

If you believe you have injured your Achilles, make an appointment with your NorthPointe Doctor.



Stretch to Protect from Foot and Ankle Injury

Stretching is a great way to protect your foot and ankle from injury. Before beginning any exercise regimen, proper stretching is essential. If muscles are properly warmed up, the strain on muscles, tendons, and joints is reduced. Stretching exercises should take 5 to 10 minutes and ought to be conducted in a stretch/hold/relax pattern without any bouncing or pulling.

Some effective stretching exercises to prepare the foot and ankle for exercise include:

- **The wall push-up.** Face a wall from three feet away, with feet flat on the floor and knees locked. Lean into the wall, keeping feet on the floor and hold for 10 seconds as the calf muscle stretches, then relax. Do not bounce. Repeat five times. This exercise is only used to prevent injury. It should not be used to treat and injured tendon.



- **The towel stretch.** Sit with leg extended and drape a towel around the forefoot and pull the foot back toward your head with both your muscles and with the towel. This exercise is safe for both injured and uninjured tendons.
- **The hamstring stretch.** Put your foot, with knee straight and locked, on a chair or table. Keep the other leg straight with knee locked. Lower your head toward the raised knee until the muscles tighten. Hold to a count of 10 then relax. Repeat five times, then switch to the other leg.
- **Lower back stretch.** In a standing position, keep both legs straight, feet spread slightly. Bend over at the waist and attempt to touch the palms of your hands to the floor. Hold the stretch for 10 seconds and repeat 10 times. Do not bounce. Caution not to overstretch an already injured tendon must be observed.



JUST THE BASICS! NorthPointe Foot & Ankle continues to collect basic items to donate to our troops in Afghanistan. Toiletries, brown socks, army green t-shirts, flavoring water packets, sun screen, chap stick, band-aids, face wash towelettes, lotions, nail clippers, tweezers and nail files. Your donations to date have been greatly appreciated!

Cruisin' with the Docs!

THANK YOU to all of our patients and friends who joined us at our annual Pre-Dream Cruise BBQ! With approximately 175 people in attendance, the event was an overwhelming success. We were pleased for the opportunity to host our patients as a token of our appreciation for your continued trust.

Guests enjoyed a delicious picnic dinner served by National Coney Island and witnessed the revving and the roaring of the classic cars parading along Woodward Avenue.

It was a wonderful evening and we enjoyed celebrating a terrific Michigan summer event with our patients!



MARK YOUR CALENDARS!

Get Ready to STEP OUT for Diabetes! Join the American Diabetes Association at the Detroit Zoo on **Saturday, September 15.**

STEP OUT WALK TO STOP DIABETES

Funds raised by walkers help

change the future and make a positive impact in the lives of those who are affected by diabetes. For more information and registration visit www.diabetse.org.

If you, or a loved one, has diabetes, please learn about the importance of proper foot care. Order our **FREE** book *Diabetes and Foot Care* at: www.MichiganFootCare.com.



City of Berkley
Michigan



NorthPointe Foot & Ankle Sponsors Berkley's SummerFest!

NorthPointe Foot & Ankle is pleased to be a gold sponsor of Berkley's SummerFest. Hosted by Berkley's Parks & Recreation Department, the summer festival encourages everyone to get outdoors and participate in a series of terrific events! All events are listed at www.BerkelyMich.org, including the last event on Saturday, September 22. Enjoy Free Family Movie Night in the park. Bring your chairs and blankets and enjoy the show. Movie begins at dusk.



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

www.MichiganFootCare.com