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## Meet Our Team!

### Mike Bendzick

Already a familiar face to many of you, Mike Bendzick is one of NorthPointe's Medical Assistants. Mike has been assisting our doctors with patient care for two years.

Mike meets patients in the exam room prior to the doctor. He records some of the basic information about the visit then makes sure the patient is comfortable and ready to meet with the doctor. Once the patient has been examined by the doctor, Mike then follows the doctor's direction in getting the patient taken care of and on their way.



When not at the office, Mike likes to fish and golf and is active in the Navy Reserves.

Make sure to say hello the next time you are at the office.

# NorthPointe News

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## POSTERIOR TIBIAL TENDON DYSFUNCTION

Do you have a nagging pain in the arch of your foot? If so, please see one of the Northpointe Foot & Ankle podiatrists soon! Addressing the issue in a timely manner may prevent long-lasting damage to your foot and ankle. One diagnosis may be Posterior Tibial Tendon Dysfunction or PTTD.

The posterior tibial tendon serves as one of the major supporting structures of the foot, helping it to function while walking. Posterior tibial tendon dysfunction is a condition caused by changes in the tendon, impairing its ability to support the arch. This results in flattening of the foot.

PTTD is often called "adult acquired flatfoot" because it is the most common type of flatfoot developed during adulthood. Although this condition typically occurs in only one foot, some people may develop it in both feet. PTTD is usually progressive, which means it will keep getting worse, especially if it isn't treated early.

Overuse of the posterior tibial tendon is often the cause of PTTD. In fact, the symptoms usually occur after activities, such as running, walking, hiking, or climbing stairs. Symptoms may include pain, swelling, a flattening of the arch, and an inward rolling of the ankle. As the condition progresses, the symptoms will change.

When PTTD initially develops, there is pain on the inside of the foot and ankle. In addition, the area may be red, warm, and swollen. Later, as the arch begins to flatten, there may still be pain on the inside of the foot and ankle. But at this point, the foot and toes begin to turn outward and the ankle rolls inward. As PTTD becomes more advanced, the arch flattens even more and the pain often shifts to the outside of the foot, below the ankle. The tendon has deteriorated considerably and arthritis often develops in the foot. In more severe cases, arthritis may also develop in the ankle.

### Non-surgical Treatment

Because of the progressive nature of PTTD, early treatment is advised. If treated early enough, your symptoms may resolve without the need for surgery and progression of your condition can be arrested. In contrast, untreated PTTD could leave you with an extremely flat foot, painful arthritis in the foot and ankle, and increasing limitations on walking, running, or other activities.



Non-surgical approaches may include:

**Orthotic devices or bracing.** To give your arch the support it needs, your foot and ankle surgeon may provide you with an ankle brace or a custom orthotic device that fits into the shoe.

**Immobilization.** Sometimes a short-leg cast or boot is worn to immobilize the foot and allow the tendon to heal, or you may need to completely avoid all weight-bearing for a while.

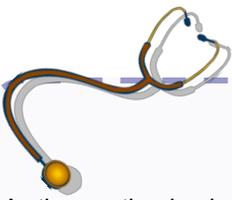
**Physical therapy.** Ultrasound therapy and exercises may help rehabilitate the tendon and muscle following immobilization.

**Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.

**Shoe modifications.** Your NorthPointe Foot & Ankle surgeon may advise changes to make with your shoes and may provide special inserts designed to improve arch support.

### Surgery

In cases of PTTD that have progressed substantially or have failed to improve with non-surgical treatment, surgery may be required. For some advanced cases, surgery may be the only option. Your NorthPointe Foot & Ankle surgeon will determine the best approach for you.



# Heel Pain - Plantar Fasciitis

As the weather begins to cool, it's time to put away the flip-flops and sandals. If you have spent much of the summer in sandals, you may begin to experience heel pain. Many times this pain can be the onset of plantar fasciitis.

Plantar fasciitis is sometimes also called heel spur syndrome when a spur is present. It is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or high-arched feet, are more prone to developing plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.



Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation or, rarely, a cyst. Because there are several potential causes, it is important to have heel pain properly diagnosed.

NorthPointe's foot and ankle surgeons are able to distinguish between all the possibilities and determine the underlying source of your heel pain.

## Cruisin' Fun!

THANK YOU to all of our patients and friends who joined us at our annual Pre-Dream Cruise Picnic on August 15. With approximately 200 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!



## Labor Day



Labor Day will be celebrated on Monday, September 2. The observance is a creation of the

labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first Labor Day holiday was celebrated on September 5, 1882, in New York City.

Whatever your plans, the doctors and staff of NorthPointe Foot & Ankle wish you a safe, fun, holiday weekend!

### Area Festivals:

Arts, Beats and Eats, Royal Oak  
Detroit International Jazz Festival, Detroit  
Michigan Renaissance Festival, Holly  
Michigan Peach Festival, Romeo  
Hamtramck Festival, Hamtramck

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

