

NorthPointe Foot & Ankle
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Product Feature

Pedicin Diabetic Foot Medicine

Pedicin helps to relieve the pain of diabetic foot neuropathy and allows for a better night's sleep for most patients. Its advanced technology works to restore blood flow and nourish starved nerve fibers. Increased circulation in the feet of people with diabetes may help prevent more severe complications in the future.

Pedicin contains L-Arginine, a naturally occurring amino acid commonly sold in supplement form and obtained naturally in the diet.

Patients taking Lyrica and Narotin may also use this product.



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



NorthPointe News

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Dealing With Shin Splints

Shin splints are a common exercise-related problem. The term "shin splints" refers to pain along the inner edge of the shinbone (tibia). Simple measures can relieve the pain of shin splints. Rest, ice, and stretching often help. Taking care not to overdo your exercise routine will help prevent shin splints from coming back.

In general, shin splints develop when the muscle and bone tissue (periosteum) in the leg become overworked by repetitive activity. Shin splints often occur after sudden changes in physical activity. These can be changes in frequency, such as increasing the number of days you exercise each week. Changes in duration and intensity, such as running longer distances or on hills, can also cause shin splints. Other factors that contribute to shin splints include:

- Having flat feet or abnormally rigid arches
- Exercising with improper or worn-out footwear

Runners are at highest risk for developing shin splints. Dancers and military recruits are two other groups frequently diagnosed with the condition.

The most common symptom of shin splints is pain along the border of the tibia. Mild swelling in the area may also occur. Shin splint pain may:

- Be sharp and razor-like or dull and throbbing
- Occur both during and after exercise
- Be aggravated by touching the sore spot

Along with your examination, your NorthPointe doctor may order imaging tests to rule out other shin problems. Several conditions can also cause shin pain, including stress fractures, tendinitis, and chronic exertional compartment syndrome.

Nonsurgical Treatment

Rest. Because shin splints are typically caused by overuse, standard treatment includes several weeks of rest from the activity that caused the pain. Lower impact types of aerobic activity can be substituted during your recovery, such as swimming, using a stationary bike, or an elliptical trainer.



Non-steroidal anti-inflammatory medicines. Drugs like ibuprofen, aspirin, and naproxen reduce pain and swelling.

Ice. Use cold packs for 20 minutes at a time, several times a day. Do not apply ice directly to the skin.

Compression. Wearing an elastic compression bandage may prevent additional swelling.

Flexibility exercises. Stretching your lower leg muscles may make your shins feel better.

Supportive shoes. Wearing shoes with good cushioning during daily activities will help reduce stress in your shins.

Orthotics. Shoe inserts can help align and stabilize your foot and ankle, taking stress off of your lower leg. Orthotics can be custom-made for your foot.

Return to exercise. Shin splints usually resolve with rest and the simple treatments discussed with you by your podiatrist. Keep in mind that when you return to exercise, it must be at a lower level of intensity. You should not be exercising as often as you did before, or for the same length of time.

Be sure to warm up and stretch thoroughly before you exercise. Increase training slowly. If you start to feel the same pain, stop exercising immediately. Use a cold pack and rest for a day or two. Return to training again at a lower level of intensity. Increase training even more slowly than before.

Surgical Treatment

Very few people need surgery for shin splints. Surgery has been done in very severe cases that do not respond to nonsurgical treatment.

Preventing Shin Splints

The snow has finally melted and it is time to get outside and get active!

Getting regular physical activity can benefit everyone – children, adolescents, and adults alike:

Children and adolescents – Physical activity can improve muscular fitness and bone and heart health.

Adults – Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.

Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like judgment and learning).

As you begin your spring exercise routine, keep the following information in mind to prevent shin splints.

Wear a proper fitting athletic shoe. To get the right fit, determine the shape of your foot using the "wet test." Step out of the shower onto a surface that will show your footprint, like a brown paper bag. If you have a flat foot, you will see an impression of your whole foot on the paper. If you have a high arch, you will only see the ball and heel of your foot. When shopping, look for athletic shoes that match your particular foot pattern.

In addition, make sure you wear shoes designed for your sport. Running long distances in court-type sneakers can contribute to shin splints.

Slowly build your fitness level. Increase the duration, intensity, and frequency of your exercise regimen *gradually*.

Cross train. Alternate jogging with lower impact sports like swimming or cycling.

Barefoot running. In recent years, barefoot running has gained in popularity. Many people claim it has helped to resolve shin splints. Some research indicates that barefoot running spreads out impact stresses among muscles, so that no area is overloaded. Discuss with your NorthPointe Foot & Ankle doctor if barefoot running is good for your program.

Like any significant change in your fitness regimen, a barefoot running program should be started very gradually. Begin with short distances to give your muscles and your feet time to adjust. Pushing too far, too fast can put you at risk for stress injuries. In addition, barefoot runners are at increased risk for cuts and bruises on their feet. Several brands of minimalist shoes with "toes" are available and these also require a slow working in period as your body adjusts to this different activity.



Community Service Award

NorthPointe Foot & Ankle is honored to have been awarded the Community Service Award by the Michigan Recreation and Park Association (MRPA). The award recognizes individuals and groups who show outstanding support to public recreation and park programs in their community.

The practice was nominated by the Berkley Parks and Recreation director, Tom Colwell.

Specifically Tom acknowledged, "The doctors of NorthPointe Foot & Ankle are engaged in Berkley's happenings and involved with its residents. They step in when our department is in need of a sponsor for an event, specific supplies or equipment when needed for the Community Center and they are always present when we have our health clinics and senior center events giving advice and samples. NorthPointe assists other departments within the City of Berkley actively involved in Public Safety and the Library as well. NorthPointe Foot & Ankle supports the efforts of the City of Berkley and the Parks & Recreation Department in particular. They make a difference in our community. It is a business such as this that should be commended for their foresight and effort."

We are proud to be an important part of our community!



Left: Dr. Hoffman delivers a new TV to the Senior Center for their Wii Bowling.

Right: Darcy, Jenn and Maxine show off items collected to donate to keep in need residents of Berkley warm.



Upcoming Event

35th Annual Berkley Days

10K, 5K, & 1 Mile Fun Run/Walk

Saturday, May 11, 2013

1 Mile Run/Walk 9:00 am

5K & 10K Run 9:30 am

Anderson Middle School @ Hurley Field

3205 Catalpa, in Berkley

ldomin@creditAcceptance.com

If you would like to receive our monthly newsletter, send your email address to:

Doctors@NorthPointeFoot.com

Make sure to visit our Website for more foot health news and information:

MichiganFootCare.com



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