

NorthPointe Foot & Ankle
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Meet Our Team!

Janiece Burrell

One of the newer faces on our NorthPointe team is Janiece Burrell. Janiece has been a Medical Assistant for 10 years. Prior to joining our team, she worked with the Wayne State Physician's Group.

Janiece is often the first person that meets you in the exam room. She checks to make sure you are comfortable and gathers basic information. Once treated by the doctor, she follows any directions that he may give to complete your care.



When not at the office, Janiece is busy at home taking care of her two children Javanna (13 years) and Michael (7 years).

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

NorthPointe News

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Ankle Instability

Chronic ankle instability is a condition characterized by a recurring "giving way" of the outer (lateral) side of the ankle. This condition often develops after repeated ankle sprains. Usually the "giving way" occurs while walking or doing other activities, but it can also happen when you're just standing. Many athletes, as well as others, suffer from chronic ankle instability.



tender areas and signs of swelling. X-rays or other imaging studies may be helpful in further evaluating the ankle.

People with chronic ankle instability often complain of:

- A repeated turning of the ankle, especially on uneven surfaces or when participating in sports
- Persistent (chronic) discomfort and swelling
- Pain or tenderness
- The ankle feeling wobbly or unstable

Causes

Chronic ankle instability usually develops following an ankle sprain that has not adequately healed or was not rehabilitated completely. When you sprain your ankle, the connective tissues (ligaments) are stretched or torn. The ability to balance is often affected. Proper rehabilitation is needed to strengthen the muscles around the ankle and "retrain" the tissues within the ankle that affect balance. Failure to do so may result in repeated ankle sprains.

Repeated ankle sprains often cause – and perpetuate – chronic ankle instability. Each subsequent sprain leads to further weakening (or stretching) of the ligaments, resulting in greater instability and the likelihood of developing additional problems in the ankle.

Diagnosis

In evaluating and diagnosing your condition, your NorthPointe Foot & Ankle surgeon will ask you about any previous ankle injuries and instability. He will then examine your ankle to check for

Non-Surgical Treatment

Treatment for chronic ankle instability is based on the results of the examination and tests, as well as on the patient's level of activity. Non-surgical treatment may include:

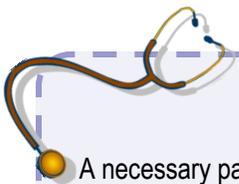
- **Physical therapy.** Physical therapy involves various treatments and exercises to strengthen the ankle, improve balance and range of motion, and retrain your muscles. As you progress through rehabilitation, you may also receive training that relates specifically to your activities or sport.
- **Bracing.** Some patients wear an ankle brace to gain support for the ankle and keep the ankle from turning. Bracing also helps prevent additional ankle sprains.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be prescribed to reduce pain and inflammation.

When Is Surgery Needed?

In some cases, your NorthPointe Foot & Ankle surgeon will recommend surgery based on the degree of instability or lack of response to non-surgical approaches.

Surgery usually involves repair or reconstruction of the damaged ligament(s). Your surgeon will select the surgical procedure best suited for your case based on the severity of the instability and your activity level. The length of the recovery period will vary, depending on the procedure or procedures performed.

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Doctors@NorthPointeFoot.com



Prepare For Leaf Raking

A necessary part of fall clean-up is always leaf raking. When tackling this task, there is a risk of injury due to the amount of bending, twisting, pulling and reaching motions required. This activity may result in achy, pulled or even torn muscles.

Because more than 38,000 Americans were injured in raking-related injuries in 2012, according to the U.S. Consumer Product Safety Commission (CPSC), the doctors of NorthPointe Foot & Ankle would like to share some advice for as you prepare to rake your lawn.

- **Warm-up your muscles** for at least 10 minutes with stretching before you pick up a rake, especially if you have not exercised your shoulder, arm and neck muscles for some time.
- **Keep a straight back** and turn your whole body while you rake to avoid twisting your back. Use your legs to shift your weight instead of your back, and avoid throwing a bag of leaves over the shoulder or to the side as this twisting motion also can strain the back.
- **Use short strokes** instead of long ones to cut down the risk of over extension injuries.
- **Vary your movements** so you can avoid excessive stress on one muscle group.

- **Bend at the knees** and squat rather than at the waist to pick up your heavy piles of leaves and when lifting garbage bags or bins.
- **Make sure your rake is the proper height and weight** for you. If it's too short, you could strain your back, and if it's too heavy it will put added strain on your neck and shoulders.
- **Wear gloves** or use rakes with padded handles to prevent blisters.
- **Keep your vision free of impediment** and wear shoes with slip-resistant soles.



- **Start slowly and pace yourself.** You don't want to overexert yourself, especially if you have a lot more leaves to rake!

Custom Orthotics

Sometimes objects need a little help staying stable. Buttresses support cathedral walls, and cables support tension bridges. Even wobbly chairs can use a little pad under the short leg to support them. Sometimes your feet have a similar problem: they need extra stabilization or padding to function normally. When your feet are sore or weak, every step is a challenge. It doesn't have to be that way. Custom orthotics can help relieve pain in your lower limbs and allow you to return to your favorite activities pain free.



Orthotics are special inserts that slip into your footwear to add extra padding or support. They can be an effective way to conservatively relieve foot pain and add stability.

Custom insoles are prescription-based support pieces. A doctor, like those at NorthPointe Foot & Ankle, examines your uncomfortable feet and determines what is causing the problem—a biomechanical weakness, a pressure point, or some

other injury. The doctor then measures and makes a mold of your exact foot shape and proper positioning. This helps the experts craft a unique support piece specifically designed to meet your needs and relieve your pain. That support piece not only accommodates your uncomfortable issue, but can help correct it as well.

If you're experiencing pain or weakness when you walk or move around, you may need extra padding or stabilization. Custom orthotics prescribed by the experts at NorthPointe Foot & Ankle can help correct conditions and offer real relief for your lower limbs. You should not ignore discomfort. The solution could be as simple as a prescription support piece.

Rotary Club Of Berkley's 64th Annual Pancake Breakfast

Saturday, November 8, 7:30 am - 1:00 pm
ALL YOU CAN EAT!

Our own Dr. Hoffman will be serving up pancakes!

Adults \$6 Children \$3
Get tickets at the NorthPointe Office or at the door

Proceeds donated to local programs.

Berkley High School's Collaborative Center
2325 Catalpa, Berkley

NorthPointe Foot & Ankle is a proud sponsor of this event.

WALK to CURE ARTHRITIS The Walk to Cure Arthritis raises funds and awareness to fight the nation's leading cause of disability.

The event is in East Lansing at Michigan State University-Conrad Hall on Saturday, **October 11**. 5K Walk along the River Walk with a 1-Mile route option.

For more information and to register, visit: www.arthritis.org/get-involved.