

NorthPointe Foot & Ankle
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NorthPointe News



VOLUME 6, ISSUE 8

AUGUST 2015



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Chronic 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. 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



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.

Non-Surgical Treatment

Treatment for chronic ankle instability is based on the results off an 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). The 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.

WELCOME DR. BRIAN KISSEL

NorthPointe Foot & Ankle is pleased to announce the addition of Dr. Brian Kissel to their podiatric team.

“Dr. Brian Kissel is a welcome addition to our team,” said Dr. Michael Schey. “He is a very talented young man that brings with him knowledge and experience of the latest podiatric practices. We are also very confident that the residents in the communities we serve will find his care comprehensive and compassionate.”

After receiving his BA from Miami University in Ohio, Dr. Kissel attended Rosalind Franklin University in Chicago and earned his doctorate in podiatric medicine. He also completed three years of advanced surgical training at Detroit Medical Center covering all aspects of foot and ankle reconstruction and trauma. He is now on staff at the Detroit Medical Center where he treats complex foot and ankle injuries/conditions in the Orthopaedic trauma department of Detroit Receiving Hospital. Soon, he will also be associated with Beaumont and Crittenton hospitals.

Dr. Kissel currently sees patients at NorthPointe Foot & Ankle on Mondays. The office is now accepting new patients. In addition to NorthPointe, he practices at other offices within the Foot & Ankle Specialists of Southeast Michigan organization including Madison Podiatry in Sterling Heights, Medical Center Footcare in Warren, and Rochester Center Foot & Ankle in Rochester.

A resident of Royal Oak, Dr. Kissel lives with his wife and daughter.

To receive our monthly newsletter, send your email address to: Doctors@NorthPointeFoot.com

Plantar Warts

A wart is a small growth on the skin that develops when the skin is infected by a virus. Warts can develop anywhere on the foot, but typically they appear on the bottom (plantar side) of the foot. Plantar warts most commonly occur in children, adolescents, and the elderly.

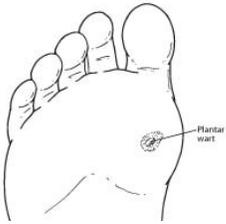
There are two types of plantar warts:

- A *solitary* wart is a single wart. It often increases in size and may eventually multiply, forming additional “satellite” warts.
- *Mosaic* warts are a cluster of several small warts growing closely together in one area. Mosaic warts are more difficult to treat than solitary warts.

Plantar warts are caused by direct contact with the human papilloma virus (HPV). This is the same virus that causes warts on other areas of the body.

The symptoms of a plantar wart may include:

- **Thickened skin.** Often a plantar wart resembles a callus because of its tough, thick tissue.
- **Pain.** Walking and standing may be painful. Squeezing the sides of the wart may also cause pain.
- **Tiny black dots.** These often appear on the surface of the wart. The dots are actually dried blood contained in the capillaries (tiny blood vessels).



Plantar warts grow deep into the skin. Usually this growth occurs slowly, with the wart starting small and becoming larger over time.

Diagnosis and Treatment

To diagnose a plantar wart, a NorthPointe Foot & Ankle physician will examine the patient's foot and look for signs and symptoms of a wart.

Although plantar warts may eventually clear up on their own, most patients desire faster relief. The goal of treatment is to completely remove the wart.

The NorthPointe Foot & Ankle surgeon may use topical or oral treatments, laser therapy, cryotherapy (freezing), acid treatments, or surgery to remove the wart.

Regardless of the treatment approaches undertaken, it is important that the patient follow the surgeon's instructions, including all home care and medication that has been prescribed, as well as follow-up visits with the surgeon. Warts may return, requiring further treatment.

Patients should never try to remove warts themselves. This can do more harm than good.

Pre Dream Cruise Picnic for Our Patients Meet Dr. Brian Kissel

Join us for the NorthPointe Foot & Ankle annual Pre Dream Cruise Party! Meet Dr. Brian Kissel and enjoy National Coney Island hot dogs and classic car watching on Woodward Avenue.

Date: Thursday, August 13, 5 - 9 p.m.

RSVP: (248) 545-0100 by August 7

Space is limited

Reservations are limited and will be provided on a first-come, first-served basis.

Although there is no fee to participate, we ask that you bring a donation to support the **American Legion Post 374 in Berkley**. We look forward to seeing you there!

Children Shoe Advice

During back-to-school time and throughout the year, one of the most important purchases on any parent's shopping list should be a pair of proper fitting shoes for their child. There are several important factors that should be considered when shopping for children's shoes:



- **Children's Feet Change With Age.** Shoe and sock sizes may change every few months as a child's feet grow.
- **Shoes That Don't Fit Properly Can Aggravate the Feet.** Always measure a child's feet before buying shoes, and watch for signs of irritation.
- **Never Hand Down Footwear.** Just because a shoe size fits one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.
- **Examine the Heels.** Children may wear through the heels of shoes quicker than outgrowing shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.
- **Take Your Child Shoe Shopping.** Every shoe fits differently. Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.
- **Always Buy for the Larger Foot.** Feet are seldom precisely the same size.
- **Buy Shoes That Do Not Need a "Break-In" Period.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.
- **Flip flops and Ballet style slippers are not "shoes."** These items are not supportive enough for daily wear or as a substitute for a proper "shoe."