

NorthPointe Foot & Ankle
27901 Woodward Ave. Suite
110
Berkley, MI 48072
(248) 545-0100
MichiganFootCare.com



Lee Hoffman, DPM
Brian Kissel, DPM
Charles Kissel, DPM
Michael Schey, DPM
David Ungar, DPM
Marc Weitzman, DPM

MEET OUR TEAM

Mary Kennedy

Mary Kennedy is the Executive Administrator of NorthPointe Foot & Ankle. She is behind the scenes maintaining the administrative and



financial management of the office. During her more than 36 years of experience in the podiatric field, she has been

an integral part of the NorthPointe team since its opening and previously worked for Dr. Hoffman in his private practice.

In addition to her administrative responsibilities, Mary is the HIPAA Compliance Officer for the office.

Mary is a member of the American Society of Podiatric Medical Assistants, and is certified in clinical and administrative fields. She is also a member of the American Podiatric Practice Management Association and Past-President of the Michigan Tourette Syndrome Association.

When not in the office, Mary enjoys spending time with her family, including her many grandchildren, and reading.

NorthPointe News



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Pediatric Flatfoot

Flatfoot is common in both children and adults. When this deformity occurs in children, it is referred to as “pediatric flatfoot.” Although there are various forms of flatfoot, they all share one characteristic – partial or total collapse of the arch.

Pediatric flatfoot can be classified as symptomatic or asymptomatic. Symptomatic flatfeet exhibit symptoms such as pain and limitation of activity, while asymptomatic flatfeet show no symptoms. These classifications can assist your foot and ankle surgeon in determining an appropriate treatment plan.

Symptoms

Flatfoot can be apparent at birth or it may not show up until years later. Most children with flatfoot have no symptoms, but some have one or more of the following symptoms:

- Pain, tenderness, or cramping in the foot, leg, and knee
- Outward tilting of the heel
- Awkwardness or changes in walking
- Difficulty with shoes
- Reduced energy when participating in physical activities
- Voluntary withdrawal from physical activities

Non-surgical Treatment

If a child has no symptoms, treatment is often not required. Instead, the condition will be observed and re-evaluated periodically by the foot and ankle surgeon.

Custom orthotic devices may be considered for some cases of asymptomatic flatfoot.

When the child has symptoms, treatment is required. The foot and ankle surgeon may select one or more of the following non-surgical approaches:

- **Activity modifications.** The child needs to temporarily decrease activities that bring pain as well as avoid prolonged walking or standing.
- **Orthotic devices.** The foot and ankle surgeon can provide custom orthotic devices

that fit inside the shoe to support the structure of the foot and improve function.

- **Physical therapy.** Stretching exercises, supervised by the foot and ankle surgeon or a physical therapist, provide relief in some cases of flatfoot.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to help reduce pain and inflammation.
- **Shoe modifications.** The foot and ankle surgeon will advise you on footwear characteristics that are important for the child with flatfoot.

When Is Surgery Needed?

In some cases, surgery is necessary to relieve the symptoms and improve foot function. The surgical procedure or combination of procedures selected for your child will depend on his or her type of flatfoot and degree of deformity.



Pediatric flatfoot



Normal pediatric foot

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



Children's Shoe Advice

During the back-to-school time frame 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. The doctors of NorthPointe Foot & Ankle would like to share several important factors that parents should consider while shopping:

- **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 the 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 their 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.
- **Consider Closed Toe Shoes.** Covering the child's toes allows for more protection.

Additional Advice for Parents

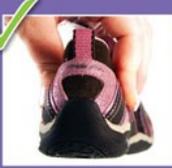
- Foot problems noticed at birth will not disappear by themselves. Do not wait until children get older to fix a problem! Foot problems in youth can lead to greater problems down the road.
- Get your child checked by a podiatrist. A lack of complaint by a youngster is not a reliable sign that there is no problem. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware of it.
- Walking is the best of all foot exercises. Observe your child's walking patterns. Does your child have gait abnormalities? Correct the problem before it becomes a bigger issue.
- Going barefoot is a healthy activity for children under the right conditions. However, walking barefoot on dirty pavement can expose children's feet to the dangers of infection through accidental cuts and to severe contusions, sprains or fractures.
- Children's sports-related injuries are on the rise. A child's visit to a podiatrist can help determine any concerns there may be regarding the child participating in specific sports and help identify the activities that may be best suited for the individual child. Protective taping of the ankles may be recommended to help prevent sprains and fractures.



DO YOUR CHILD'S SHOES "MAKE THE GRADE?" TAKE THE 1 • 2 • 3 TEST

1 **LOOK FOR A STIFF HEEL**

Press on both sides of the heel counter. It shouldn't collapse.





2 **CHECK TOE FLEXIBILITY**

The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box area.





3 **SELECT A SHOE WITH A RIGID MIDDLE**

Does your shoe twist? Your shoe should never twist in the middle.





You're Invited!

NorthPointe's Pre-Dream Cruise Picnic for Our Patients

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

Date: Thursday, August 18, 5 - 9 p.m.
RSVP: (248) 545-0100 by August 12
Space is limited

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

Although there is no fee to participate, monetary donations to support the Friends of Berkley Parks and Recreation Swing Fund will be accepted and appreciated.



The Friends of Berkley Parks & Recreation is a non-profit organization that supports the City of Berkley's recreation facilities and parks. One project of the organization is to add a special swing to the Tot Lot that accommodates children with disabilities.

To find out more about the organization, visit their [Facebook page](#) or email them at: friendsofpandr@gmail.com.