

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

Eddie Streck

Eddie Streck is one of two transcriptionists who work for Northpointe Foot & Ankle. Although rarely seen, she is a vital component to the everyday flow of the office.

Due to the nature of her job and the privacy of our patients, Eddie completes her work in the Northpointe business office on the second floor of the building. Eddie has provided transcription services for more than 20 years.

Her background includes certification in Paralegal Studies, an Associate degree in General Studies and a Bachelor of Business Leadership.



When she is not working, Eddie devotes family time to her husband and three children. Her interests include advocacy for the disabled, stem cell research, the AVM foundation and Irish dance.

NorthPointe News



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Ankle Sprains

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue – like rubber bands – that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement.

The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Ankle sprains are not the same as strains, which affect muscles rather than ligaments.

Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes or boots, or walking or running on an uneven surface.

Sometimes ankle sprains occur because a person is born with weak ankles. Previous ankle or foot injuries can also weaken the ankle and lead to sprains.

Symptoms

The symptoms of ankle sprains may include:

- Pain or soreness
- Swelling
- Bruising
- Difficulty walking
- Stiffness in the joint

Any ankle sprain – whether it's your first or your fifth – requires prompt medical attention.

There are four key reasons why an ankle sprain should be promptly evaluated and treated by a foot and ankle surgeon:

- An untreated ankle sprain may lead to chronic ankle instability, a condition marked by persistent discomfort and a “giving way” of the ankle. Weakness in the leg may also develop.
- A more severe ankle injury may have occurred along with the sprain. This might include a serious bone fracture that, if left un-

treated, could lead to troubling complications.

- An ankle sprain may be accompanied by a foot injury that causes discomfort but has gone unnoticed thus far.
- Rehabilitation of a sprained ankle needs to begin right away. If rehabilitation is delayed, the injury may be less likely to heal properly.

Non-surgical Treatment

When you have an ankle sprain, rehabilitation is crucial—and it starts the moment your treatment begins. Your NorthPointe Foot & Ankle surgeon may

recommend one or more of the following treatment options:

- **Rest.** Stay off the injured ankle. Walking may cause further injury.
- **Ice.** Apply an ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.
- **Compression.** An elastic wrap may be recommended to control swelling.
- **Elevation.** The ankle should be raised slightly above the level of your heart to reduce swelling.
- **Early physical therapy.** Your podiatrist may start you on a rehabilitation program as soon as possible to promote healing and increase your range of motion.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to reduce pain and inflammation. In some cases, prescription pain medications are needed to provide adequate relief.

When Is Surgery Needed?

In more severe cases, surgery may be required to adequately treat an ankle sprain. Surgery often involves repairing the damaged ligament or ligaments. Your NorthPointe Foot & Ankle surgeon will discuss with you the surgical procedure best suited for your case based on the type and severity of your injury as well as your activity level.





Boot Buying Advice

As the winter months approach, it is time to check last year's boots for proper fit and examine their condition. Chances are, it is time for a new pair. When shopping for any footwear, keep in mind protection, support, and comfort, in addition to the style.

The podiatrists of NorthPointe Foot & Ankle have this boot selection advice to share:

- **Be sure boots are insulated and waterproof.** Even if the boot maker says the boots are waterproof, still treat the pair with a waterproofing product. The body has to work harder to compensate for moisture, so try to minimize as much foot moisture as possible.
- **Select natural material**, like leather, that allows proper airflow and keep feet dry.
- Although rubber boots will keep you dry, **rubber does not breathe**. Make sure that any rubber boots purchased are fully lined to help absorb foot moisture.
- **Boots with rigid shaped soles limit natural foot movement** and provide little, if any, arch support. Cushioned insoles and arch supports could be added.
- **The best traction** is received from boots with a rubber sole and deep grooves.
- **Styles with narrow toes and high heels** often cause pain and numbness. Select a lower heel or stacked style for additional support. Choose a style with plenty of toe room, a firm heel counter and traction to ensure stability.
- **To provide warmth**, ski sock liners are a way to keep feet warmer without adding bulk. Liners are worn under regular socks.
- **Above all – listen to your feet.** If a boot is not comfortable, the footwear selected is not the best.

Shopping tips:

- Try boots on later in the day as feet tend to swell throughout the day.
- Try the style on with the thickness of socks you expect to be wearing with the boot.
- Most individuals have two different size feet. Buy for the larger sized foot.
- Boots should feel comfortable as you try them on. No "breaking in" period should be necessary.



Prevent Snow Clearing Injuries

Snow removal is more than just another necessary household chore. All that bending and heavy lifting can put you at serious risk for injury. Snow removal can be especially dangerous if you do not exercise regularly. Below are some general tips for proper snow clearing.

- **Check with your doctor.** Because this activity places high stress on the heart, you should always speak with your doctor before shoveling or snow blowing. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.
- **Dress appropriately.** Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Avoid falls by wearing boots that have slip-resistant soles.
- **Start early.** Try to clear snow early and often. Begin shoveling/snowblowing when a light covering of snow is on the ground to avoid dealing with packed, heavy snow.
- **Clear vision.** Be sure you can see what you are shoveling/snowblowing. Do not let a hat or scarf block your vision. Watch for ice patches and uneven surfaces.



Warm Up Your Neighbors!

NorthPointe Foot & Ankle is once again joining the Berkley Senior Center and the Berkley Red Hats in collecting new gloves, hats, scarves and socks for all ages. The gifts will be distributed to those less fortunate in the community before Christmas, including students in the Berkley School District.



COLLECTION: OF NEW ITEMS
Now - December 13
Hats, Gloves,
Scarves, Socks

Monetary donations will also be accepted at the reception desk to purchase items.

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



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HAPPY HOLIDAYS!

The doctors and staff of Northpointe Foot & Ankle wish you and your family a safe and healthy holiday season!

