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MEET OUR TEAM

Amal Severance

Amal Severance, a transcriptionist, has been an integral part of North Pointe Foot & Ankle's team for the past year. With more than 23 years working as a transcriptionist in both hospitals and private practices, she brings a wealth of experience to our office. Her ability to have patient information available to our doctors accurately and expeditiously, helps the office to flow smoothly.



An avid baker, Amal also enjoys reading, gardening, cooking, traveling and spending time with her family.

NorthPointe News



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Posterior Tibial Tendon Dysfunction

The posterior tibial tendon serves as one of the major supporting structures of the foot, helping it to function while walking. Posterior tibial tendon dysfunction (PTTD) is a condition caused by changes in the tendon, impairing its ability to support the arch. This results in flattening of the foot.

PTTD is often called "adult acquired flatfoot" because it is the most common type of flatfoot developed during adulthood. Although this condition typically occurs in only one foot, some people may develop it in both feet. PTTD is usually progressive, which means it will keep getting worse, especially if it isn't treated early.

Overuse of the posterior tibial tendon is often the cause of PTTD. In fact, the symptoms usually occur after activities that involve the tendon, such as running, walking, hiking, or climbing stairs.

Symptoms

The symptoms of PTTD may include pain, swelling, a flattening of the arch, and an inward rolling of the ankle. As the condition progresses, the symptoms will change.

For example, when PTTD initially develops, there is pain on the inside of the foot and ankle (along the course of the tendon). In addition, the area may be red, warm, and swollen.

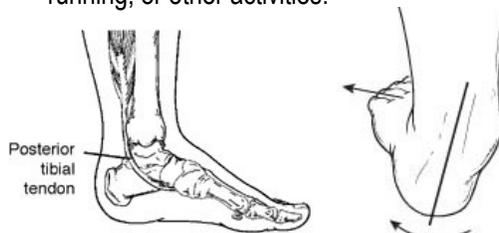
Later, as the arch begins to flatten, there may still be pain on the inside of the foot and ankle. But at this point, the foot and toes begin to turn outward and the ankle rolls inward.

As PTTD becomes more advanced, the arch flattens even more and the pain often shifts to the outside of the foot, below the ankle. The tendon has deteriorated considerably and arthritis often develops in the foot. In more severe cases, arthritis may also develop in the ankle.

Non-surgical Treatment

Because of the progressive nature of PTTD, early treatment is advised. If treated early enough, your symptoms may resolve without the need for surgery and the progression of your condition can be arrested.

In contrast, untreated PTTD could leave you with an extremely flat foot, painful arthritis in the foot and ankle, and increasing limitations on walking, running, or other activities.



In many cases of PTTD, treatment can begin with non-surgical approaches that may include:

- **Orthotic devices or bracing.** To give your arch the support it needs, your NorthPointe Foot & Ankle physician may provide you with an ankle brace or a custom orthotic device that fits into the shoe.
- **Immobilization.** Sometimes a short-leg cast or boot is worn to immobilize the foot and allow the tendon to heal, or you may need to completely avoid all weight-bearing for a while.
- **Physical therapy.** Ultrasound therapy and exercises may help rehabilitate the tendon and muscle following immobilization.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Shoe modifications.** Your NorthPointe Foot & Ankle physician may advise changes to make with your shoes and may provide special inserts designed to improve arch support.

When Is Surgery Needed?

In cases of PTTD that have progressed substantially or have failed to improve with non-surgical treatment, surgery may be required. For some advanced cases, surgery may be the only option. Your NorthPointe Foot & Ankle physician will discuss the best approach for you.

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



Summer Feet Protection

The podiatrists of NorthPointe Foot & Ankle have some advice to share that can help prevent harmful conditions to your feet.

- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.
- Wear shoes or flip-flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.
- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
- Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.
- Some activities at the beach, lake or river may require different types of footwear. To be prepared, always pack an extra pair of sneakers or protective water shoes. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.



If you injure your foot or ankle while on an outing, seek professional medical attention and contact your NorthPointe Foot & Ankle doctor immediately so your ailment can be treated as soon as possible.

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Be Prepared

In case of minor foot problems, be prepared with the following on-the-go foot gear:

- Flip flops – for the pool, spa, hotel room, and airport security check points.
- Sterile bandages – for covering minor cuts and scrapes.
- Antibiotic cream – to treat any skin injury.
- Emollient-enriched cream – to hydrate feet.
- Blister pads or moleskin – to protect against blisters.
- Motrin or Advil (anti-inflammatory) – to ease tired, swollen feet.
- Sunscreen – to protect against the scorching sun.
- Aloe Vera or Silvadene cream – to relieve sunburns.

Fireworks Safety

Before your family celebrates this Fourth of July, the podiatrists at NorthPointe Foot & Ankle want to make sure that everyone is aware of firework safety.

- If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair.
- Steer clear of others — fireworks have been known to backfire or shoot off the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye and foot protection, and avoid carrying fireworks in your pocket — the friction could set them off.
- Light one firework at a time and **never** light a dud.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.



Support our American Legion Post 374

The American Legion is America's largest veterans service organization. For 75 years, Berkley has been home to Post 374 located on 12 Mile Rd. The nonprofit organization supports area service men and women in a number of ways including: serving meals to homeless vets; providing a rifle team honor guard for burial services; assisting vets with life essentials as needed; providing a collaborative and social outlet for emotional support; supporting the "Help our Troops Call Home" effort; and a number of community projects.

NorthPointe Foot and Ankle is pleased to partner with Post 374 to help them meet their financial obligations. We invite you to join us.

From Monday, July 13, to Friday, August 14, our office will accept donations of any amount that will be collected and given to Post 374. Individuals may also make a non-perishable food donation that the Legion will use to create meals for homeless vets. Monetary donations are to be made



to: American Legion Post 374 and are tax deductible to the extent of the law. Donations may also be made directly to their on-line account:

www.gofundme.com/om38t0

Did you know that the Post is open to the public for food and conversation each day? Visit their website for details on all events, www.berkleypost374.org

July 13—August 14

Donations accepted for the American Legion Post 34

Save the Date

Thursday, August 13, 5—9 pm

NorthPointe Foot & Ankle's Annual Pre-Dream Cruise Picnic Watch for details in our August newsletter. Monetary and nonperishable food donations will be requested to support the American Legion Post 374.



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Have a fun and safe Fourth of July celebration!