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Fireworks Safety

If your family celebrates the Fourth of July with fireworks, please be careful and follow this safety advice:

- Do not wear loose clothing while using fireworks.
- Never light fireworks indoors or near dry grass.
- Point fireworks away from homes, and keep away from brush, leaves and flammable substances
- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.



- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

NorthPointe News



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ACHILLES TENDON DISORDERS

A tendon is a band of tissue that connects a muscle to a bone. The Achilles tendon runs down the back of the lower leg and connects the calf muscle to the heel bone. Also called the "heel cord," the Achilles tendon facilitates walking by helping to raise the heel off the ground. Two common disorders that occur in the heel cord are Achilles tendonitis and Achilles tendonosis.

Achilles tendonitis is an inflammation of the Achilles tendon. Over time, if not resolved, the condition may progress to a degeneration of the tendon (Achilles tendonosis). Sometimes the degeneration involves the site where the Achilles tendon attaches to the heel bone. In rare cases, chronic degeneration, with or without, pain may result in rupture of the tendon.

Achilles tendonitis and tendonosis are usually caused by a sudden increase of a repetitive activity involving the Achilles tendon. Such activity puts too much stress on the tendon too quickly, leading to micro-injury of the tendon fibers.

Athletes are at high risk for developing disorders of the Achilles tendon. Achilles tendonitis and tendonosis are also common in individuals whose work puts stress on their ankles and feet, such as laborers, as well as in those who are less conditioned and participate in athletics only infrequently.

In addition, people with excessive pronation (flattening of the arch) have a tendency to develop Achilles tendonitis and tendonosis due to the greater demands placed on the tendon when walking.

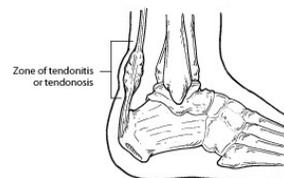
Symptoms: The symptoms associated with Achilles tendonitis and tendonosis include:

- **Pain**, aching, stiffness, soreness, or tenderness—within the tendon. This may occur anywhere along the tendon's path, beginning with the tendon's attachment directly above the heel upward to the region just below the calf muscle.
- **Tenderness**, or sometimes intense pain, when the sides of the tendon are squeezed.

There is less tenderness, however, when pressing directly on the back of the tendon.

- When the disorder progresses to degeneration, the tendon may become enlarged and may **develop nodules** in the area where the tissue is damaged.

Treatment: Treatment approaches for Achilles tendonitis or tendonosis are selected on the basis of how long the injury has been present and the degree of damage to the tendon. One or more of the following options may be recommended:



- **Immobilization.** Immobilization may involve the use of a cast or removable walking boot to reduce forces through the Achilles tendon and promote healing.
- **Ice.** To reduce swelling due to inflammation, apply a bag of ice over a thin towel to the affected area for 20 minutes of each waking hour. Do not put ice directly against the skin.
- **Oral medications.** Nonsteroidal anti-inflammatory drugs, such as ibuprofen, may be helpful in reducing the pain and inflammation in the early stage of the condition.
- **Orthotics.** For those with over-pronation or gait abnormalities, custom orthotic devices may be prescribed.
- **Night splints.** Night splints help to maintain a stretch in the Achilles tendon during sleep.
- **Physical therapy.** Physical therapy may include strengthening exercises, soft-tissue massage/mobilization, gait and running re-education, stretching, and ultrasound therapy.
- **Surgery.** If non-surgical approaches fail to restore the tendon to its normal condition, surgery may be necessary. The foot and ankle surgeon will select the best procedure to repair the tendon, based upon the extent of the injury, the patient's age and activity level, and other factors.

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



Summer Foot Protection

During the warmer weather our feet tend to be frequently exposed to the elements as we wear sandals, flip flops and are often barefoot. The podiatrists of NorthPointe Foot & Ankle have some advice to share that can help prevent harmful conditions to feet.



Going Barefoot

- 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.
- Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.
- Some activities at the beach, lake or river may require different types of footwear to be worn so be sure to ask the contact at each activity if specific shoes are needed. To be safe, 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 vacation or during an outing, seek professional medical attention from a podiatric physician. Many often only contact a family doctor when something is broken or sprained, but a podiatrist can begin treating your foot or ankle ailment immediately.

Flip Flops

Flip flops just are not advised for extensive walking. They do not offer any arch support, heel cushioning, or shock absorption. Wearers may suffer foot pain due to lack of arch support, tendinitis, and even sprained ankles if they trip. Wearers are also at greater risk of stubbed toes, glass cuts, puncture wounds, or having a heavy object injure their foot.

- Do not wear flip flops when playing sports or running.
- Do not wear flip flops while gardening or doing yard work.
- Wear sturdy, supportive shoes while walking for long periods of time.
- Don't forget to apply sunscreen on all areas of your foot while wearing open shoes.

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.

Community Support

Friends of Berkley



Parks & Recreation

The Friends of Berkley Parks & Recreation is a non-profit organization consisting of community members working to enhance and promote 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.



The doctors of NorthPointe Foot & Ankle are joining the Friends in raising funds to purchase the swing.

From July 18 through August 18th, our office will accept donations of any amount that will be collected and given to the Friends of Berkley Parks & Rec. Donations are tax deductible to the extent of the law.

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

SAVE THE DATE

NorthPointe Foot & Ankle's annual Pre-Dream Cruise Picnic will be held

Thursday, August 18, 5—9 pm.

Watch for details in our August newsletter.

Monetary donations to support the Friends of Berkley Parks and Recreation Swing Fund will be accepted and appreciated.

