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July 2017

Volume 8

Issue 7

# NorthPointe News



## PLANTAR FASCIITIS



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### Welcome Kinley Lynn Alexander

We are thrilled to announce the newest addition to the NorthPointe Foot & Ankle family, Miss Kinley Lynn Alexander!



Born on May 24, Kinley is the daughter of our long-time receptionist, Jenn Alexander and former NorthPointe Medical Assistant Craig Alexander.

Per mom and dad, Kinley loves eating, sleeping and being held. She also enjoys walks with the family dogs, Liberty and Pinckney.

Mom and Dad are loving their new role as parents and are surprised on how fast she is growing!

Receive our monthly newsletter.  
Send your email address to:  
Doctors@NorthPointeFoot.com

Heel pain is most often caused by plantar fasciitis, an inflammation of the band of tissue that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or high-arched feet, are more prone to developing plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

The **symptoms** of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.

**Treatment** of plantar fasciitis begins with first-line strategies, which you can begin at home:

- **Stretching exercises.** Exercises that gently stretch out the calf muscles help ease pain and assist with recovery. Stretching should **NOT** be done with full weight on the foot.
- **Avoid going barefoot.** When you walk without shoes, you put undue strain and stress on your plantar fascia.
- **Ice.** Putting an ice pack on your heel for 20 minutes several times a day helps reduce inflammation. Place a thin towel between the ice and your heel; do not apply ice directly to the skin.
- **Limit activities.** Cut down on extended

physical activities to give your heel a rest.

- **Shoe modifications.** Wearing supportive shoes that have good arch support and a slightly raised heel reduces stress on the plantar fascia.
- **Medications.** Oral nonsteroidal anti-inflammatory drugs, such as ibuprofen, may be recommended to reduce pain and inflammation.

If you still have pain after several weeks, see your NorthPointe podiatrist. He may add one or more of these treatment approaches:

- **Padding and strapping.** Placing pads in the shoe softens the impact of walking. Strapping helps support the foot and reduce strain on the fascia.
- **Orthotic devices.** Custom orthotic devices that fit into your shoe help correct the underlying structural abnormalities causing the plantar fasciitis.
- **Injection therapy.** In some cases, corticosteroid injections are used to help reduce the inflammation and relieve pain.
- **Walking cast.** A walking cast may be used to keep your foot immobile for a few weeks to allow it to rest and heal.
- **Night splint.** Wearing a night splint allows you to maintain an extended stretch of the plantar fascia while sleeping. This may help reduce the morning pain experienced by some patients.
- **Physical therapy.** Exercises and other physical therapy measures may be used to help provide relief.

Although many patients with plantar fasciitis respond to non-surgical treatment, some patients may require additional treatment options. If, after several months of conservative treatment, you continue to have heel pain, there are alternative treatment options that should be considered. Your NorthPointe doctor will discuss Extra-corporal sound-wave therapy (ECSW), Micro debridement, Platelet rich plasma (PRP) injections, or surgical treatments with you and determine which approach would be most beneficial for your case.

# Plantar Warts

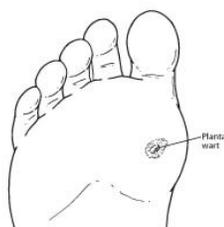
A wart is a small growth on the skin that develops when the skin is infected by a virus. Warts can develop anywhere on the foot, but typically they appear on the bottom (plantar side) of the foot. Plantar warts most commonly occur in children, adolescents, and the elderly.

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.

## Treatment

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.

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

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

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

## SAVE THE DATE

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

**Thursday, August 17, 5—8 pm.**

Watch for details in our August newsletter.

Monetary donations to support Berkley/Huntington Woods Youth Assistance will be accepted and appreciated.

CLASSIC CAR WATCHING and PICNIC served up by NATIONAL CONEY ISLAND!



# Berkley/Huntington Woods Youth Assistance

Berkley/Huntington Woods Youth Assistance is a non-profit organization in Berkley that provides confidential, short-term family-centered counseling and referral services for young people, 16 years of age or younger, who reside in the Berkley School District. Casework referrals are accepted from schools, police, neighbors, and parents with concerns about a child

Berkley/Huntington Woods Youth Assistance also provides a variety of non-casework services and programs in the community, including:

- Year-Round Family Education Programs and Workshops
- Skill Building and Summer Camp Scholarships
- Annual Youth Recognition Awards Program
- The Mel Ross Memorial Scholarship for a graduating Berkley High School senior
- Mentors Plus program



**From July 18 through August 18,** NorthPointe Foot & Ankle will be accepting donations to support the programs of the organization. Your donation can help provide:

- Camp Transportation (\$25)
- Camp Care Package (\$10)
- Camp Overnight (\$180+)
- Summer School (\$160 per class)
- Skill Building (\$50)
- Emergency Needs (\$45)
- Tutoring (\$45)

**Donations of any amount may be made at the front desk.**

To find out more about BHWYA visit their website: [www.BHWYA.org](http://www.BHWYA.org).