

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



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

## MEET OUR TEAM

### Michelle Foehl-Lubinski

Michelle Foehl-Lubinski is a licensed practitioner nurse and a medical assistant at NorthPointe Foot & Ankle. She is one of the newest members at the office, having joined the team in February.

Prior to her role at NorthPointe, Michelle supported patients needing home care.



As a medical assistant, Michelle performs a variety of clinical and clerical actions to expedite patient flow and activities of the office.

When not at work, she spends time with her husband Tim and 16 year old daughter McKenzie. They enjoy boating during the warmer months and four-wheeling up North in the winter.

# NorthPointe News



VOLUME 6, ISSUE 6

JUNE 2015

## Flexible Flatfoot

Flatfoot is often a complex disorder, with diverse symptoms and varying degrees of deformity and disability. There are several types of flatfoot, all of which have one characteristic in common: partial or total collapse (loss) of the arch. Other characteristics shared by most types of flatfoot include:

- “Toe drift,” in which the toes and front part of the foot point outward
- The heel tilts toward the outside and the ankle appears to turn in
- A tight Achilles tendon, which causes the heel to lift off the ground earlier when walking and may make the problem worse
- Bunions and hammertoes may develop as a result of a flatfoot.

### Flexible Flatfoot

Flexible flatfoot is one of the most common types of flatfoot. It typically begins in childhood or adolescence and continues into adulthood. It usually occurs in both feet and progresses in severity throughout the adult years. As the deformity worsens, the soft tissues (tendons and ligaments) of the arch may stretch or tear and can become inflamed.

The term “flexible” means that while the foot is flat when standing (weight-bearing), the arch returns when not standing.

### Symptoms

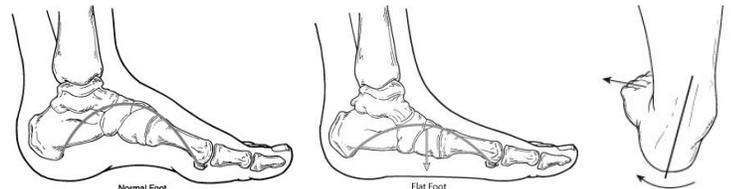
Symptoms, which may occur in some persons with flexible flatfoot, include:

- Pain in the heel, arch, ankle, or along the outside of the foot
- “Rolled-in” ankle (over-pronation)
- Pain along the shin bone (shin splint)
- General aching or fatigue in the foot or leg
- Low back, hip or knee pain.

### Non-surgical Treatment

If you experience symptoms with flexible flatfoot, the surgeon may recommend non-surgical treatment options, including:

- **Activity modifications.** Cut down on activities that bring you pain and avoid prolonged walking and standing to give your arches a rest.
- **Weight loss.** If you are overweight, try to lose weight. Putting too much weight on your arches may aggravate your symptoms.
- **Orthotic devices.** Your NorthPointe Foot & Ankle physician can provide you with custom orthotic devices for your shoes to give more support to the arches.
- **Immobilization.** In some cases, it may be necessary to use a walking cast or to completely avoid weight-bearing.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce pain and inflammation.
- **Physical therapy.** Ultrasound therapy or other physical therapy modalities may be used to provide temporary relief.
- **Shoe modifications.** Wearing shoes that support the arches is important for anyone who has flatfoot.



### When is Surgery Necessary?

In some patients whose pain is not adequately relieved by other treatments, surgery may be considered. A variety of surgical techniques are available to correct flexible flatfoot, and one, or a combination of procedures, may be required to relieve the symptoms and improve foot function.

In selecting the procedure or combination of procedures for your particular case, your NorthPointe Foot & Ankle surgeon will take into consideration the extent of your deformity based on the x-ray findings, your age, your activity level, and other factors. The length of the recovery period will vary, depending on the procedure or procedures performed.

To receive our monthly newsletter, send your email address to:  
[Doctors@NorthPointeFoot.com](mailto:Doctors@NorthPointeFoot.com)



# Pedicure Precautions

The warm weather is finally here and sandals are making their way out of the closet and underneath beautifully manicured feet. The pedicure season has begun!

Unfortunately, not all pedicure facilities offer clean and proper foot care. Infections and other foot ailments may arise. NorthPointe Foot & Ankle wants to make sure you keep the following advice in mind as you select if and where you may go for a pedicure:

- Make sure that the instruments used are clean and sterilized. Ask the technician which cleaning procedure they use, as well as the frequency of cleaning.
  - \* Soaking in alcohol is NOT an approved sterilization method.
  - \* Sterilization – rather than disinfecting – is the best method. This can be done by using a cleaning agent such as hospital bactericide, fungicide or viricide. Instruments can be sterilized in an autoclave machine.
  - \* Make sure the instruments are sterilized after each use.
  - \* You may consider bringing your own tools – nail nipper, cuticle nipper, cuticle pusher and curette cleaner.
- Make sure foot tubs or basins are drained after performing a pedicure to get rid of all the bacteria present. Once all the water is removed, the inside of the tub should be wiped down with an antibacterial cleaner. Tubs with individual replaceable liners are best.
- Make sure the technician's hands are clean. The nail technician should wash their hands in between clients. If they do not wash their hands, request that they do or that they wear gloves.
- If you are diabetic, pedicures are not advised. Visit your NorthPointe podiatrist before receiving a pedicure to identify any potential risks.
- Do not allow aggressive cleaning. Nails should be cut straight with rounded edges. If bleeding of calluses occurs, see your NorthPointe podiatrist.
- Discolored or sickly nails should be treated by your podiatrist.
- Since polish hides the nails from the sun and can foster fungus, you may wish to limit the use of polish to special occasions. However, keeping your feet clean, nails trimmed and skin moisturized for summer sandal wearing is recommended.



## Flip Flop Advice

Flip flops, while very popular, are not the right shoe for all occasions.



The doctors of Northpointe Foot & Ankle would like to share some thoughts on this popular form of footwear.

Flip flops are meant to be worn while walking on flat surfaces and they also provide good protection from athlete's foot and plantar warts around a public pool or shower.

However, unlike sturdy shoes, flip flops aren't good 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.

Tips for wearing flip flops:

- Do not wear them when playing sports or running
- Do not wear them while gardening or doing yard work
- If you are diabetic, wearing flip flops puts you at greater risk for foot injuries
- 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
- Use extra care while driving. Flip flops can impair a driver's control if they come off the foot and lodge under the brake or gas pedal.

Your feet are your foundation. Wear the right shoe for each activity to keep you moving the summer.

## NorthPointe Foot & Ankle Sponsors Berkley's SummerFest!

NorthPointe Foot & Ankle is pleased to once again sponsor Berkley's SummerFest. Hosted by Berkley's Parks & Recreation Department, the summer festival encourages everyone to get outdoors and participate in a series of terrific events! All events are listed at [www.BerkleyMich.org](http://www.BerkleyMich.org)

- Lil' Tykes Tot Lot Night, 6/24, 5 pm
- Community Garage Sale: 6/26 & 27
- Senior Activity Day: 7/8, 9:00 am
- Community Picnic: 7/18, 12 pm
- Jaycee Park Jamboree: 7/30, 6 pm
- Family Outdoor Movie Night: 8/22, Dusk
- Ice Cream Social: 8/25, 6 pm



NorthPointe  
Foot & Ankle  
MichiganFootCare.com