

NorthPointe Foot & Ankle
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MEET OUR TEAM

Jennifer Horle

In April NorthPointe Foot & Ankle welcomed a new member to the team, Jennifer Horle.

Jennifer is a medical assistant at the office. She performs a variety of clinical and clerical actions to expedite patient flow and activities of the office.



Once you are in the exam room, Jennifer will meet you make sure you are comfortable and gather basic information.

After you have been examined by the doctor, she follows any directions that he may give to complete your care.

As a mother of three, Jennifer enjoys spending time with her children aged 14, 11 and 8. She attends their sporting events, goes camping, hiking and beaching. The favorite family outdoor activity is fishing.



NorthPointe News

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CALCANEAL APOPHYSITIS (SEVER'S DISEASE)

Calcaneal apophysitis is a painful inflammation of the heel's growth plate. It typically affects children between the ages of 8 and 14 years old, because the heel bone is not fully developed until at least age 14. Until then, new bone is forming at the growth plate, a weak area located at the back of the heel. When there is too much repetitive stress on the growth plate, inflammation can develop.

Calcaneal apophysitis is also called Sever's disease, although it is not a true "disease." It is the most common cause of heel pain in children, and can occur in one or both feet.

Heel pain in children differs from the most common type of heel pain experienced by adults. While heel pain in adults usually subsides after a period of walking, pediatric heel pain generally doesn't improve in this manner. In fact, walking typically makes the pain worse.

Overuse and stress on the heel bone through participation in sports is a major cause of calcaneal apophysitis. The heel's growth plate is sensitive to repeated running and pounding on hard surfaces, resulting in muscle strain and inflamed tissue. For this reason, children and adolescents involved in soccer, track, or basketball are especially vulnerable. Other potential causes of calcaneal apophysitis include obesity, a tight Achilles tendon, and biomechanical problems such as flatfoot or a high-arched foot.

Symptoms of calcaneal apophysitis may include:

- Pain in the back or bottom of the heel
- Limping
- Walking on toes
- Difficulty running, jumping, or participating in usual activities or sports
- Pain when the sides of the heel are squeezed

Treatment selected by your NorthPointe doctor may include one or more of the following options:

- **Reduce activity.** The child needs to reduce or stop any activity that causes pain.
- **Support the heel.** Temporary shoe inserts or custom orthotic devices may provide support for the heel.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Physical therapy.** Stretching or physical therapy modalities are sometimes used to promote healing of the inflamed issue.
- **Immobilization.** In some severe cases of pediatric heel pain, a cast may be used to promote healing while keeping the foot and ankle totally immobile.



Often heel pain in children returns after it has been treated because the heel bone is still growing. Recurrence of heel pain may be a

sign of calcaneal apophysitis, or it may indicate a different problem. If your child has a repeat bout of heel pain, be sure to make an appointment with our office.

Calcaneal Apophysitis Prevention

The chances of a child developing heel pain can be reduced by:

- Avoiding obesity
- Choosing well-constructed, supportive shoes that are appropriate for the child's activity
- Avoiding or limiting wearing of cleated athletic shoes
- Avoiding activity beyond a child's ability.

Congratulations Dr. Brian Kissel!

In May, Dr. Brian Kissel received an Executive Masters of Business Administration (MBA) with a concentration on healthcare leadership from Oakland University. We are proud of his accomplishment!



Pedicure Precautions



The warm weather is finally here and open-toed shoes 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, tendonitis, 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 this 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

PARKS & RECREATION



- Lil' Tykes Tot Lot Night, 6/22, 5 pm, Tot Lot Park
- Community Garage Sale: 6/24 & 25
- Senior Soiree: 7/6, 9:00 am, Senior Center
- Hawaiian Luau Family Dance: 7/7, 6 pm, Parks & Recreation
- Jaycee Jamboree, 7/28, 6 pm, Jaycee Park
- Family Outdoor Movie Night: 8/27, 6 pm, Community Park
- Ice Cream Social: 8/30, 6 pm, Parks & Recreation