



HALLUX RIGIDUS



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MEET OUR TEAM Sabrina Shellman

Welcome Sabrina Shellman to the NorthPointe team! Sabrina is a graduate of Everest Institute and joins the team as a medical assistant.

In her role, Sabrina will perform a variety of clinical and clerical actions to expedite patient flow and activities in the office.

She will be one of the first people to meet you in the exam room to make sure you are comfortable and to gather basic information. Once examined by the doctor, Sabrina will follow any directions he may give to complete your care.

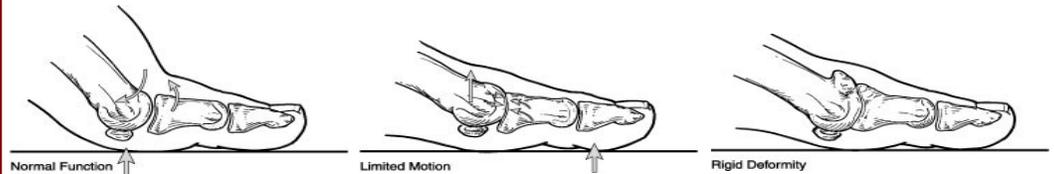


When not in the office, Sabrina enjoys reading, walking, and spending time in the yard with her two children.

Hallux rigidus is a disorder of the joint located at the base of the big toe. It causes pain and stiffness in the joint, and with time it gets increasingly harder to bend the toe. Hallux rigidus is actually a form of degenerative arthritis.

This disorder can be very troubling and even disabling, since we use the big toe whenever we walk, stoop down, climb up, or even stand. Many patients confuse hallux rigidus with a bunion, which affects the same joint, but they are very different conditions requiring different treatment.

Because hallux rigidus is a progressive condition, the toe's motion decreases as time goes



on. In its earlier stage, when motion of the big toe is only somewhat limited, the condition is called "hallux limitus." But as the problem advances, the toe's range of motion gradually decreases until it potentially reaches the end stage of "rigidus," in which the big toe becomes stiff, or what is sometimes called a "frozen joint."

Common causes of hallux rigidus are faulty function and structural abnormalities of the foot that can lead to osteoarthritis in the big toe joint. This type of arthritis – the kind that results from "wear and tear" – often develops in people who have defects that change the way their foot and big toe functions. For example, those with fallen arches or excessive pronation of the ankles are susceptible to developing hallux rigidus.

Other causes of hallux rigidus can be: hereditary; result of an injury; associated with overuse; or caused by inflammatory diseases such as rheumatoid arthritis or gout.

Early signs and symptoms include:

- Pain and stiffness in the big toe during use
- Pain and stiffness aggravated by cold, damp weather

- Difficulty with certain activities
- Swelling and inflammation around the joint

As the disorder gets more serious, additional symptoms may develop, including:

- Pain, even during rest
- Difficulty wearing shoes because bone spurs develop
- Dull pain in the hip, knee, or lower back due to changes in the way you walk
- Limping

The sooner this condition is diagnosed, the easier it is to treat. Therefore, the best time to see your NorthPointe Foot & Ankle doctor is when you first notice symptoms.

Treatment

In many cases, early treatment may prevent or postpone the need for surgery in the future.

Treatment for mild or moderate cases of hallux rigidus may include:

- Shoe modifications. Shoes with a large toe box put less pressure on your toe. Stiff or rocker-bottom soles may also be recommended.
- Orthotic devices. Custom orthotic devices may improve foot function.
- Medications. Oral nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to reduce pain and inflammation.
- Injection therapy. Injections of corticosteroids may reduce inflammation and pain.
- Physical therapy. Ultrasound therapy or other physical therapy modalities may be undertaken to provide temporary relief.

In some cases, surgery is the only way to eliminate or reduce pain. There are several types of surgery for treatment of hallux rigidus. Your NorthPointe Foot & Ankle surgeon will discuss the appropriate form of treatment for your case.

Pedicure Advice

Now that the warm weather is here, sandals and other open-toed footwear are making their way out of the closet. Having beautifully manicured feet is on the minds of many. Unfortunately, not all pedicure facilities offer clean and proper foot care. Infections and other foot ailments may arise.

NorthPointe Foot & Ankle doctors want to make sure you keep the following advice in mind as you select if and where you may go for a pedicure:

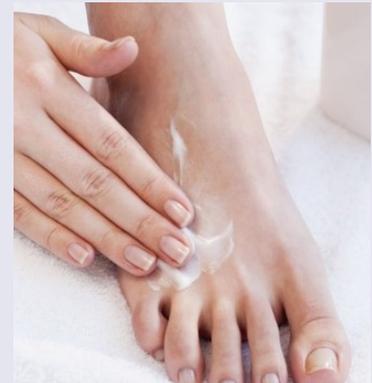
- Make sure that the instruments used are clean and sterilized. Ask the technician which cleaning procedure they use, as well as the frequency of cleaning.
 - * Soaking in alcohol is NOT an approved sterilization method.
 - * Sterilization – rather than disinfecting – is the best method. This can be 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 slightly 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.



Summer Foot Care

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

- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases the 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.

NorthPointe 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

- Lil' Tykes Tot Lot Night: 6/21, Tot Lot Park
- Senior Soiree: 7/12, Senior Center
- Jaycee Jamboree: 7/20, Jaycee Park
- Family Outdoor Movie Night: 8//12, Community Park
- Ice Cream Social: 8/29, Parks & Recreation

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