

NorthPointe Foot & Ankle
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Product Feature

Diabetic Shoes

NorthPointe Foot and Ankle participates with the Medicare Diabetic Shoe Program. If you have Diabetes and are experiencing partial or complete foot amputation, history of foot ulcers, calluses of either foot that could lead to ulcers, nerve damage in your feet with signs of calluses on either foot, deformity of either foot (for example, hammertoe or bunions) or poor circulation in either foot you may be eligible for this free program.

Visit your physician at NorthPointe Foot and Ankle today for more information.



NorthPointe News

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Make Your Feet Happy This Holiday Season



The holiday season is busy and stressful. Taking care of your feet may not seem like a priority but without proper care unhappy feet can cause an unhappy holiday for you!

Dr. Michael Schey recently sat down with a reporter from the Huntington Woods-Berkley Patch.com to provide advice, and a little humor, about caring for your feet in the winter time.

Dr. Schey emphasizes, "We're not meant to stand on cement. And lugging packages and schlepping children challenge our structure. People should wear shoes appropriate for the task. For shopping, consider shoes with shock absorption, arch support and breath-able materials, which are all key to foot health."

Here are some tips to keep your feet in good shape this winter:

Waterproof Winter Boots

Winter boots should be waterproof and insulated. Even if the tag says the boot is waterproof you should still treat it with a waterproofing product.

The body has to work harder to compensate for moisture so you want to minimize the amount of exposure to moisture for your feet.



The doctors of NorthPointe Foot & Ankle have written a book designed to give you the information you need to maintain the health of your feet and ankles.

*The book is **free** to those wishing to find out more about foot care and concerns.*

Order your FREE copy of Diabetes and Foot Care at:
www.MichiganFootCare.com

Diabetes and Foot Care



Moisturize

The cold weather and the dryness in the air often causes feet to become dry and cracked. This winter affliction can be combated by utilizing an inexpensive moisturizer such as Eucerin. However, if you experience extreme cracking or fissures you will need more professional assistance so be sure to contact your NorthPointe physician for assistance.



Do Not Walk Bare Foot

After a long day on your feet you may be tempted to walk around barefoot in your home. This is not a healthy habit. Dr. Schey says, "Your home is dry. When you walk on carpet fibers, you get microscopic cuts in the bottom of your feet. Those can get worse and worse. You should wear socks and slippers when at home. The foot is deaf, dumb and blind. It doesn't know if you're walking in the mall or the bedroom. It needs protection everywhere."

Wear High Quality, Supportive Shoes

For ladies, the winter can be a particularly challenging time trying to balance fashionable shoe styles and comfortable, supportive footwear. If you are wearing three inch heels with a pointed toe you can expect to have sore feet. Remember it is not the price of the shoe that matters, it is the quality and fit.



Give the Gift of Health!

This holiday season consider giving a "healthy" gift of foot care products. We have a variety of products including foot cream, Bio-freeze, Diabetic socks and more. Stop by the office today or visit our online store at **www.MichiganFootCare.com**.



A Guide to Self-Reflexology

Give your feet the gift of reflexology this holiday season! The right foot represents the right side of the body as well as the past while the left foot represents the left side of the body as well as the present and future. Each foot has over 7,000 nerve endings, 26 bones, 107 ligaments and 19 muscles.

You can test the benefits of self-reflexology quickly and easily. Start the exercise with the left foot and then repeat on the right foot. To begin with make sure the feet are clean, a foot soak with [Epsom salts](#) is a wonderful way to de-stress before a foot massage. Make sure that your feet are completely dry (including in between toes) before you start.

Step 1: Rest in a comfortable chair or in a comfortable position on the floor or exercise mat. Bring your foot up and rest it over the opposite knee. Lace your fingers with your toes and rotate your foot at the ankle in a clockwise motion for a ten second count. Rotate at the ankle in a counter-clockwise motion for the same count.

Step 2: Gently stretch your Achilles tendon by pulling your foot upwards and backwards. Keep your fingers interlaced with your toes as you do this. Move slowly and stop pulling if you feel pain. Hold for a count of five and slowly release your foot.



Step 3: Place the ball of your foot, or your heel, between both your hands, grasping it from both sides. Move your foot backwards and forwards.

Step 4: Beginning at your toes, place one hand on top of your foot and the other beneath. Then, use your thumb on the underside of your foot to slowly caress and apply steady pressure to each of your toes, the line of your foot beneath your toes and the inner edge of your heel.

Step 5: Keeping your hands on top and bottom, knead your foot between your hands.

Step 6: Make a fist with the hand beneath your foot. Press the fist against your foot, lining your knuckles up with the base of your toes. Push your hands together, sandwiching your foot between them. Hold for a count of ten. Rotate your fist so that it rests on the inner curve, or arch, of your foot. Press, and hold for a count of ten. Repeat on the outer edge of your foot and then again on your heel, holding the back of your ankle from the top for pressure.

Step 7: Finish your session by massaging essential oils onto your feet. The action will cause heat to warm and release any stress in your feet, and the massage will help you pinpoint areas that may have been missed. Try experimenting with this exercise by using a golf ball instead of your hands.

NorthPointe Warms the Community

Hats, Scarves, Gloves and Socks Collected To Keep Families Warm in Berkley

NorthPointe Foot & Ankle, along with the Berkley Senior Center and the Berkley Red Hats Club collected new gloves, hats, scarves and socks for all ages. THANK YOU for helping us keep our community warm this winter. The gifts will be distributed to those experiencing hardship in the community before Christmas, including students in the Berkley School District. NorthPointe was pleased to start the donation drive with a donation of dozens of pair of warm gloves.



HAPPY HOLIDAYS

TO OUR NORTHPOINTE FAMILY OF COLLEAGUES AND PATIENTS!

We wish you a safe, happy and healthy holiday season!

SEASONS TO CELEBRATE

CHRISTMAS

HANUKKAH

KWANZAA

RAMADAN

From Drs. Frederick, Hoffman, Kissel and Schey