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Product Feature

Night Splint

Use a night splint to ease the pain of heel spurs. This boot-style night splint provides dorsal flexion in the proper angle throughout the night.

The angle may be changed to increase flexibility over time. The splint provides a comfortable stretch of the plantar fascia and Achilles tendon while you sleep providing a more comfortable first step in the morning.

Contact your NorthPointe Foot and Ankle doctor today to find out if a night splint can help your heel pain.



NorthPointe News

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Plantar Fasciitis and Heel Spur Syndrome

Heel pain is most often caused by plantar fasciitis, a condition that is sometimes also called heel spur syndrome if there is a corresponding spur present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or rarely a bone cyst or tumor.

Because there are several potential causes, it is important to have heel pain properly evaluated and diagnosed by a physician. A foot and ankle surgeon will be able to distinguish between all the differentials and determine the underlying source of your heel pain.

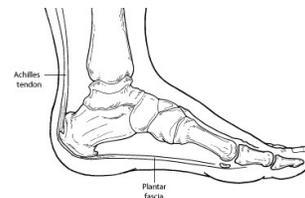
What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes injured and then inflamed, resulting in heel pain. The injury may be acute as in a fall or accident, or chronic as a form of overuse.

Causes

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 injuring the fascia by overuse and developing plantar fasciitis. Wearing flat 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.



Symptoms

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.

Diagnosis

To arrive at a diagnosis, the foot and ankle surgeon will obtain your medical history and examine your foot. Throughout this process the surgeon rules out all the possible causes for your heel pain other than plantar fasciitis. In addition, diagnostic imaging studies such as x-rays or other imaging modalities may be used to distinguish the different types of heel pain. Sometimes heel spurs are found in patients with plantar fasciitis, but these are rarely a source of pain. When they are present, the condition may be diagnosed as plantar fasciitis/heel spur syndrome.

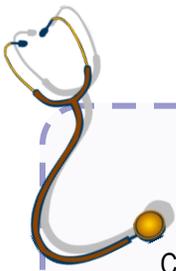
Treatment

Treatment consists of reduction of inflammation and tightness with medications and stretching, and of ceasing the activity that is injuring the fascia. In most cases a change in footwear and habits will be necessary to resolve the condition. Your podiatric physician will discuss with you what you will need to do and change to resolve your condition.

We have a special prescription for you!
As a patient of NorthPointe Foot and Ankle, you are eligible to receive a 20% off discount on the popular shoe brand CROCS!
Visit MichiganFootCare.com to order today



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



Your Prescription for Crocs!

Crocs are everywhere. The unusual looking, bright colored shoes have taken the world by storm but many wonder if they are healthy, safe footwear or just another fashion statement.

Crocs have officially received the Seal of Approval from the American Podiatric Medical Association. The Crocs brand has developed a specialized division known as Crocs Rx designed for specific podiatric needs. Shoes and socks are available. As a patient of NorthPointe Foot and Ankle, you can receive 20% off your order. Here are some of the styles available:



Relief

The relief is specifically designed to provide therapeutic relief for a number of foot conditions. The ultra soft sole provides a cushioning effect for plantar pain, heel pain, metatarsalgia and

generally achy feet. The wide toe box is ideal for many post-op conditions as well as bunions.



Silver Cloud

Its super-soft footbed provides a gentle environment for sensitive feet, while the roomy toe box allows for use of a medical sock.



Cloud

The cloud was specifically designed with the diabetic foot in mind. The superior-soft footbed provides a gentle environment for sensitive feet, while the roomy toe box allows

for use of a medical sock (like the CrocsRx Medical Orthocloud sock) without creating any tightness or pressure points on the foot.



Orthocloud Classic

The Orthocloud classic sock was designed to help people with ultra-sensitive feet, impaired circulation, impaired sensation,

diabetic feet, arthritis, and/or swollen/achy feet.

Orthocloud Texas

The Orthocloud Texas was specifically designed for those who need extra room in the calf area and experience impaired circulation and/or swollen/achy feet.

Orthocloud Travel

Providing 8-10 mm of compression, the Orthocloud travel was designed for those for those weary travelers seeking a light compression sock. By lightly compressing the foot, the orthocloud travel can help people who remain in one position for a long period of time to avoid problems associated with deep vein thrombosis.

Visit MichiganFootCare.com to order and receive 20% off.

Why Did I Get a Heel Spur?

Heel spurs form in some patients who have plantar fasciitis, and tend to occur in patients who have had the problem for a prolonged period of time. While about 70 percent of patients with plantar fasciitis have a heel spur, X-rays also show about 50 percent of patients with no symptoms of plantar fasciitis also have a heel spur.

The first step in the treatment of a heel spur is short-term rest and inflammation control.

The plantar fascia is a thick, ligamentous connective tissue that runs from the calcaneus (heel bone) to the ball of the foot. This strong and tight tissue helps maintain the arch of the foot. It is also one of the major transmitters of weight across the foot as you walk or run. That's why tremendous stress is placed on the plantar fascia.

When a patient has plantar fasciitis, the plantar fascia becomes inflamed and degenerative (worn out)—these abnormalities can make normal activities quite painful. Symptoms typically worsen early in the morning after sleep. At that time, the plantar fascia is tight so even simple movements stretch the contracted plantar fascia. As you begin to loosen the plantar fascia, the pain usually subsides, but often returns with prolonged standing or walking.

www.MichiganFootCare.com

Upcoming Events

March 22—Diabetes Alert Day

The American Diabetes Association has set aside this day to call attention to the importance of getting tested for diabetes. Make an appointment to have a comprehensive foot exam to find out your risks.

April 30—Health & Wellness Expo at NorthPointe on Woodward

Learn more about the medical services offered in our building— NorthPointe on Woodward. Enjoy presentations, free screenings, gifts and prizes from 12—4 p.m. More information to come in the April issue.

