

NorthPointe Foot & Ankle
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Product Feature

Anti-Fungal Treatment

Are your toenails discolored? Have you tried several products that have not helped much? You may have a stubborn toenail fungus.

Consider using The Treatment Formula³ Antifungal. This topical anti-fungal treats fungus of the toenails. The product is distributed by Tetra Corp. and results are guaranteed! If your fungus is not cleared up after proper usage, Tetra will refund your money! You can purchase The Treatment Formula³ at NorthPointe Foot and Ankle.



NorthPointe News

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Heel Pain—Planter Fasciitis

You awake in the morning ready to hit the ground running, but the pain in your heel stops you in your tracks. Heel pain is one of the most common forms of foot pain in adults, but it is also relatively widespread in active children and adolescents between the ages of 8 and 13.

The heel bone (calcaneus) is the largest bone in the foot and the heel is the first part of the foot to contact the ground during walking. Inflammation of the plantar fascia, called **plantar fasciitis**, is the most universal cause of heel pain. Pediatric heel pain frequently occurs on the bottom rear of the heel or the sides.

Symptoms

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is worse upon arising
- Pain that increases over time (month over month)

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.

Things to Avoid

- Engaging in strenuous exercise
- Standing for prolonged periods
- Wearing shoes that do not fit properly
- Being over weight

Risk Factors

- Achilles tendonitis
- Excessive pronation (tendency of the foot to roll inward)
- Heel spurs (also called bone spurs)
- Inflammatory conditions
- Stress fractures
- Sever's disease (relatively common in active growing children and adolescents)



Treatment

Heel pain is difficult to cure, but can be minimized with conservative treatment including:

- Avoiding activities that worsen the condition (e.g. prolonged standing, strenuous exercise)
- Applying ice to the area to reduce pain and inflammation
- Wearing well-cushioned shoes that fit properly
- Using orthotics and shoe inserts that can provide proper support, correct misalignments and imbalances in the foot, and alleviate pressure on heel spurs
- Taking anti-inflammatory medications such as ibuprofen may be used to reduce pain and inflammation
- Performing physical therapy
- Wearing a rigid splint on the foot to keep it at a 90-degree angle

Long-term Care

You may never eliminate heel pain, because the underlying causes may remain, but preventive measures will aid in minimizing the pain. Wearing supportive shoes, stretching, and using custom orthotic devices are the mainstay of long-term treatment for plantar fasciitis.

See your NorthPointe specialist if you are experiencing frequent heel pain.

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



Written By:
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NorthPointe's Successful Shoe/Sock Drive Helped Many Children of Oakland County!

The doctors and staff at NorthPointe hosted a shoe and sock drive to support children in need throughout Oakland County. At various donation sites, new shoes and socks and gently used children's shoes for students grade K-8, were dropped off by local residents (you may have been one!)

A line started forming at 8:00 a.m. outside of The Lighthouse of Oakland County building on August 24, as families waited to go shoe "shopping" for their children. As each family entered the shoe room, the little faces of the children lit up as they found that perfect pair of shoes and picked socks to match.

Dr. Frederick was on hand to talk to the parents and children, and see the satisfied faces of everyone as they left with their packages. Lighthouse also provided each child with a small gift and the NorthPointe team provided healthy snacks and juice boxes for the families.

Local network WXYZ (Channel 7) was on hand to interview Dr. Frederick, members of The Lighthouse staff, and capture the excited faces of the children as they tried on their shoes.

As a business in Oakland County, the NorthPointe team believes in giving back and supporting the community. They began the drive with a donation of 50 pair of shoes and many socks. A gift of shoes and socks helped the children get off on the right foot for the school year and took one burden away from parents that are struggling.



Many thanks to all of you that brought in shoes or donations and to the organizations that participated in the event and helped to make it a success. A special thanks to the staff and volunteers at Lighthouse.

Tip of the Month

Shoe Insoles—Cushions for your Feet

Good insoles benefit your feet as well as your whole body. Quality shoe insoles increase the level of support to your shoes. Not only do they offer shock absorption, they also sustain impact, offer arch support, alleviate soreness after running or sports activity, give heel support, and help shoes fit more snugly.

Consider using insoles if:

- You suffer from lower body pain caused by the way you walk
- You suffer from heel and arch pain
- You suffer from foot odor or perspiration

Consult your NorthPointe specialist to find the support right for you.



UPCOMING EVENTS

StepOut[™] American Diabetes Association

Walk to Fight Diabetes

Saturday, October 2: American Diabetes Association StepOut Walk to Fight Diabetes— Join the movement to Stop Diabetes by participating in this one-day signature fundraising walk benefiting the American Diabetes Association. NorthPointe is pleased to be a sponsor of the event that features breakfast, entertainment, a youth zone, Health & Fitness Festival and more—all at the **Detroit Zoo**.

Join the NorthPointe walking team for the two mile walk around the Zoo. **Sign up at:** <http://main.diabetes.org/goto/northpointe>
Questions? Call Christina at 888-DIABETES EXT. 6692