

NorthPointe Foot & Ankle
27901 Woodward Ave.
Suite 110
Berkley, MI 48072
(248) 545-0100
MichiganFootCare.com

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NorthPointe News



Foot & Ankle Special
of the Michigan



Lee Hoffman, DPM
Brian Kissel, DPM
Charles Kissel, DPM
Aimee Popofski, DPM
David Ungar, DPM
Marc Weitzman, DPM

MEET Hiram Hilliard

NorthPointe Foot & Ankle is pleased to welcome Hiram Hilliard to the team!

Hiram comes to us as a medical assistant from another podiatric practice.

In his role at NorthPointe, Hiram may be the person that escorts you to the exam room and gets you settled. He will ask you questions to update your medical history and prep you for the doctor to address the reason for your visit. Once the doctor has completed his/her exam, Hiram will make sure you are ready to follow any instructions the doctor has given.



When not in the office, Hiram attends Macomb Community College to become a nurse. He is also a competitive dancer, performing as part of the Sundari Danz team.

ANKLE SPRAINS

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue – like rubber bands – that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement.

Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, or walking or running on an uneven surface.

Sometimes ankle sprains occur because a person is born with weak ankles. Previous ankle or foot injuries can also weaken the ankle and lead to sprains.

The symptoms of ankle sprains may include:

- Pain or soreness
- Swelling
- Bruising
- Difficulty walking
- Stiffness in the joint

These symptoms may vary in intensity, depending on the severity of the sprain. Sometimes pain and swelling are absent in people with previous ankle sprains. Instead, they may simply feel the ankle is wobbly and unsteady when they walk. Even if there is no pain or swelling with a sprained ankle, treatment is crucial. Any ankle sprain – whether it's your first or your fifth – requires prompt medical attention.

Why Prompt Medical Attention Is Needed

There are four key reasons why an ankle sprain should be promptly evaluated and treated by a foot and ankle surgeon:

1. An untreated ankle sprain may lead to chronic ankle instability, a condition marked by persistent discomfort and a “giving way” of the ankle. Weakness in the leg may also develop.
2. A more severe ankle injury may have occurred along with the sprain. This might include a serious ligament tear or bone

fracture that, if left untreated, could lead to complications.

3. An ankle sprain may be accompanied by a foot injury that causes discomfort but has gone unnoticed thus far.
4. Rehabilitation of a sprained ankle needs to begin right away. If rehabilitation is delayed, the injury may be less likely to heal properly.

Non-surgical Treatment

Your foot and ankle surgeon may recommend one or more of the following treatment options:

- **Rest.** Stay off the injured ankle. Walking may cause further injury.
- **Ice.** Apply an ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.
- **Compression.** An elastic wrap may be recommended to control swelling.
- **Elevation.** The ankle should be raised slightly above the level of your heart to reduce swelling.
- **Early physical therapy.** Your doctor will start you on a rehabilitation program as soon as possible to promote healing and increase your range of motion.
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- **Bracing.** Bracing may be part of a rehabilitation program to prevent additional injury.
- **Medications.** Nonsteroidal anti-inflammatory drugs (such as ibuprofen, may be recommended to reduce pain and inflammation. In some cases, prescription pain medications are needed to provide adequate relief.

In more severe cases, surgery may be required to adequately treat an ankle sprain. Surgery often involves repairing the damaged ligament or ligaments. The foot and ankle surgeon will select the surgical procedure best suited for your case based on the type and severity of your injury as well as your activity level.

Child Sports Injuries



Millions of American children will participate in warm weather sports this summer, from softball to soccer and swimming to cycling. The podiatrists of NorthPointe Foot & Ankle share that no matter what their sport or whether they play competitively or just for fun, they will have one important thing in common: They'll need their feet to be pain-free if they're going to play their best and prevent injuries.

Sports play a significant role in the lives of children. Parents should be aware that sports, which require a substantial amount of running, turning, and contact,

can translate to injuries. Protecting children's feet from injuries, and bringing them to a podiatrist when problems occur, can help keep kids stay in the game and make the sport more enjoyable.

Following are some tips for helping protect children's feet while playing warm-weather sports:

- Protective taping of the ankles is often necessary to help prevent sprains or fractures.
- Buying a shoe designed for the specific sport not only improves a child's performance in the sport, but it also can help protect him or her from serious foot and ankle injuries.
- Do not assume that last year's shoe will fit properly. Previously worn shoes should also be checked for wear that may impede their effectiveness.
- Without the right sock, even the best athletic shoe won't score points—on the field or off. Athletic socks should consist of a natural/synthetic blend, which is best at wicking away moisture and minimizing foot odor. Socks should not have large seams that might cause blisters or irritation.

Commonly played warm-weather sports and the risks associated with them include:

- Basketball - Children playing basketball may be at risk for ankle sprains, tendinitis, and plantar fasciitis (inflammation of the thick band of tissue on the sole of the foot). To minimize the risk of foot injury, choose a shoe with a thick, stiff sole, high ankle support, and shock absorption.
- Tennis - The rapid, repetitive lateral movements and shifting of weight required of tennis players can lead to injuries such as ankle sprains, plantar fasciitis, and corns or calluses. Tennis players will do best with a flexible-soled shoe that supports both sides of the foot.
- Running - Movements required of runners include leg extension and hitting the balls of the feet with a great deal of force. Running can lead to shin splints, heel pain, and blisters. A good running shoe should offer good support and shock absorption. In some cases, custom orthotics may be necessary to provide additional support and control of foot motion.
- Soccer - The running, jumping, and lateral movements required of soccer players can lead to many foot injuries, with heel pain and shin splints being among the most common. Soccer shoes should provide multiple cleats in the heel area and enough room for thick soccer socks.

If a child participates in strenuous sports, his or her foot health should be monitored closely. When a problem is suspected, do not hesitate to make an appointment to see your NorthPointe Foot & Ankle podiatrist.

To receive our monthly newsletter, send your email address to:
NorthPointe@FootandAnkleSEMI.com

Berkley Schools to Distribute Socks

Northpointe Foot & Ankle Sock Drive July 15—August 15

From July 15 - August 15, NorthPointe Foot & Ankle will collect donations of new socks for students of all ages. The socks will be distributed by the Berkley School District during the 2019-2020 school year to children in need.

Patients, friends, family and the general public are asked to drop off donations of new socks at the office during business hours.

The last day of the drive will culminate with the office annual Pre-Dream Cruise Party, Thursday, August 15. The party is always free to our patients, but all are asked to consider a donation of socks.

As always, we thank you for your generosity!



Why Wear Socks?

Most of the time we think to wear socks to keep our feet warm or as a fun fashion statement. But did you know that wearing socks can prevent foot health issues from forming?

Socks provide a bit of cushioning so that our feet don't rub directly against the lining of our shoes, and they also help to keep them dry. When feet are exposed to prolonged moisture, there is a potential for foot fungus to develop.

Our feet are one of the areas of our body that sweat the most. It is important to keep feet dry to prevent the growth of bacteria. Bacteria can cause foot problems such as blister's, athlete's foot, and a variety of others.