

**NorthPointe Foot & Ankle**  
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## Meet Our Team!

### Dannie Roszczewski

While a lot of our patients have never met Dannie Roszczewski in person, she helps many of them daily. In her role as insurance verification specialist, Dannie works closely with all insurance companies. She verifies and details plan coverage for patients and answers the many insurance questions our patients have.

Dannie has been an important part of the NorthPointe Foot & Ankle team for over a year now.



When not at the office, Dannie enjoys craft making of all kinds and taking care of her children. Spending time with her family is her favorite thing to do!

Make sure to say hello if you happen to see her around the office the next time you are here.

# NorthPointe News

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## 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.

Some ankle sprains are much worse than others. The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Ankle sprains are not the same as strains, which affect muscles rather than ligaments.

**Causes:** 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.

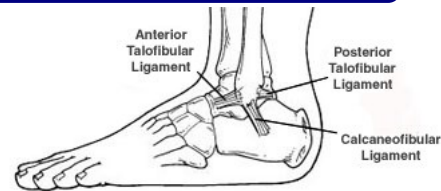
**Symptoms:** The symptoms of ankle sprains may include: pain or soreness; swelling; bruising; difficulty walking; and stiffness in the joint.

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:

- 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.
- A more severe ankle injury may have occurred along with the sprain. This might include a serious bone fracture that, if left untreated, could lead to troubling complications.



• An ankle sprain may be accompanied by a foot injury that causes discomfort but has gone unnoticed thus far.

• 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:** When you have an ankle sprain, rehabilitation is crucial—and it starts the moment your treatment begins. 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. This includes doing prescribed exercises.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to reduce pain and inflammation. In some cases, prescription pain medications are needed to provide adequate relief.

**Surgical Treatment:** 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.

Your NorthPointe Foot & Ankle physician will discuss the best treatment options for your injury.



# Self Test for Foot and Ankle Problems

The Foot Health Foundation of America offers this simple quiz to pinpoint any warning signs of foot and ankle problems.

- How much time do you spend on your feet each day?
  - Less than 2 hours
  - 2 to 4 hours
  - 5 to 7 hours
  - 8 hours or more
- How old are you?
  - Under 40
  - Between 40 and 59
  - 60 and over
- How would you describe your weight?
  - At ideal weight or less than 20 pounds overweight
  - 20 to 39 pounds overweight
  - 40 or more pounds overweight
- Have problems with your feet or ankles ever prevented you from participating in:

a. Leisure/sports activities?	Yes	No
b. Work activities?	Yes	No
- Have you ever received medical treatment for problems with your feet and/or ankles?
  - Yes
  - No
- Do you regularly wear heels two inches or higher?
  - Yes
  - No
- What types of exercise do you engage in or plan to engage in? (check all that apply)

a. Walking	b. Field sports	c. Winter sports
d. Court sports	e. Aerobics	f. Running
g. None		
- Do you have the appropriate shoes for your sport or sports?
  - Yes
  - No
- Do you experience foot or ankle pain when walking or exercising?
  - Rarely
  - Sometimes
  - Often
  - Never
- Do you:
  - Do you exercise in footwear that is more than one year old or in hand-me-down footwear? Yes No
  - Stretch properly before and after exercising? Yes No
- Do you:
  - Have diabetes? Yes No
  - Experience numbness and/or burning in your feet? Yes No
  - Have a family history of diabetes? Yes No
- Do you: (check all that apply)
  - Sprain your ankles frequently (once a year or more) or are your ankles weak?
  - Have flat feet or excessively high arches?
  - Experience pain in the Achilles tendon or heel or have shin splints (pain in the front lower leg)?
  - Have corns, calluses, bunions or hammertoes?
  - Have arthritis or joint pain in your feet?
  - Have poor circulation or cramping in your legs?

**Now total your score and find out what it means. Please review the scoring parameters below.**



## What Does Your Score Mean?

### Scoring

**0 - 20 points:** Congratulations! Your feet and ankles are very healthy and you can maintain your active lifestyle and/or exercise regimen. With proper attention and care your feet and ankles should remain healthy; however, you may want to schedule an annual exam with our office to ensure their long-term health. Furthermore, if you scored points for questions 4, 5, 9, 11 or 12, you should contact our office in the near future for a check-up.

**21 - 40 points:** Pay attention. Your feet and ankles are showing signs of wear, placing you in the moderate risk category. Although you can continue your normal activities, you should contact our office for a check-up. If you participate in a rigorous exercise regimen on a regular basis or plan to - or if you scored points for questions 4, 5, 9, 11 or 12 - you should contact our office soon to safeguard your foot and ankle health.

**41 points or higher:** Caution. Your feet and ankles are at high risk for long-term medical problems and you should contact our office as soon as possible. If you exercise, you should pay particular attention to your feet and ankles until you are seen by our practice. If you have not begun exercising, it is advisable to contact our office before undertaking any type of exercise.



**Now that you've assessed the health of your feet and ankles, you are armed with knowledge that will enable you to maintain their health over a lifetime.**

## THANK YOU For Warming Up Your Neighbors!

From November 25 to December 13 North-Pointe Foot & Ankle joined the Berkley Senior Center and the Berkley Red Hats to collect new gloves, hats, scarves and socks for all ages.

Hundreds of donations were collected and distributed to those less fortunate in the community before Christmas—including students in the Berkley School District.

We would like to extend a heartfelt thank you to all that supported this important drive.

**2014**  
*Happy New Year*

**The Doctors and Staff of NorthPointe Foot & Ankle wish you and your family a happy and healthy year ahead!**