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Are You Living With Pain?

West Hartford Podiatry is again at the forefront of innovative treatments for acute and chronic foot and ankle disorders by being the first in the states to now offer FOCUS SHOCK WAVE (F-SW) and RADIAL SHOCK WAVE (R-SW).

Focus EPAT is the latest innovation in acute and chronic musculoskeletal pain management. Focused High Energy Acoustic Pressure Wave therapy targets deep pain centers to effectively treat the pathology.

- **Achilles Tendonitis.** The Achilles tendon can become damaged by repetitive stress. The pain results from inflamed tissue, but ESWT promotes enhanced blood flow and improved cell healing to help the tendon heal.
- **Plantar fasciitis.** This is the most common source of heel pain for adults and- as with Achilles tendonitis-it is an overuse issue. The use of ESWT in treatment for both injuries is quite similar.
- **Bone healing.** In addition to soft tissues, bone fractures can heal more quickly when extracorporeal shockwave therapy is used. Specifically, the treatment is deemed beneficial in bone remodeling, which happens when the body mends broken bone tissue.



- No down time
- No anesthesia
- No risk of infection
- No scarring
- Faster, easier healing

It is FDA approved for the treatment of plantar fasciitis, Achilles tendonopathy and fracture healing. There is no anesthesia required and virtually no down time or side effects.

Treatments are done in the office and take 10-15min once a week for 3-4 weeks depending on condition treated.

If you suffer from acute or chronic foot and ankle pain, please call our office to make and appointment and see if EPAT is for you.

5 Tips To Keep Your Feet Happy This Holiday Season



The holidays are in full swing and our feet must carry us through days of shopping, cooking, decorating, visiting and traveling.

Take good care of your feet so they will take good care of you! Here are our top 5 holiday foot care tips to keep you cruising through holiday fun:

- **Keep your feet warm and dry in cold weather.** Wear padded socks made of wool and synthetic fiber blends to wick away moisture and prevent blisters and fungal infections. Take off wet shoes and socks as soon as possible and put on snug, dry footwear and socks.
- **Prevent skin dryness and cracking.** Apply a rich, emollient foot cream or lotion every day. Avoid the area between the toes, especially if you have diabetes.
- **Take a break!** Walking for long periods on hard surfaces like tile, hard wood floors and concrete can really strain your feet. Sit and rest with a hot drink every couple of hours.
- **Limit the time you spend in high heels.** These shoes cause your weight to press on the ball and heel of your foot and can result in inflammation and injury. Your gait and posture are affected, possibly injuring the Achilles tendon, foot arch and muscles in lower legs and feet.
- **Break shoes in before wearing.** If you are traveling, don't pack new shoes - your visit may be spoiled by blisters and sore feet. Wear new shoes for brief periods to break them in before venturing out.

Several Foot Conditions Can Cause Pain in the Ball of the Foot



It's very common to feel pain in the ball of your foot. The pain can be intense or can be a milder discomfort, such as feeling like you have a stone in your shoe.

There are several conditions that may cause this type of pain or discomfort - here are 3 of the most common:

Metatarsalgia

A common injury for athletes who participate in high-impact sports with running or jumping, Metatarsalgia is pain and inflammation of the ball of the foot. The pain usually develops over a period of time and often is worse when walking or running.

High-impact sports with running or jumping may lead to metatarsalgia, as can a tight Achilles tendon, excessive pronation, poorly-fitting footwear or a hammertoe deformity.

Initial treatment includes icing and applying pressure via a compression bandage, as well as rest and avoiding weight-bearing. Using metatarsal pads and custom-made orthotics can help provide relief. Stretching and strengthening exercises are essential to gradually return to higher-level activities.

Morton's Neuroma

A swollen or thickened nerve in the ball of the foot is called a Morton's neuroma. This swelling can make it painful when you walk and may feel like pain or burning under your foot, or like you are standing on a pebble or a fold in your sock.

This neuroma develops in response to pressure, injury or irritation to one of the nerves leading to your toes and can be caused by wearing high heels or tight shoes, repetitive trauma from high-impact sports or foot deformities including flat feet, high arches, bunions and hammertoes.

Conservative treatments for a Morton's neuroma include resting and using arch supports, foot pads or orthotics to reduce nerve pressure. Changing your footwear to shoes with extra depth and a broad toe box will help too. Steroid injections or surgery should be discussed if non-invasive treatments fail.

Sesamoiditis

Sesamoiditis is inflammation of the sesamoid bones and surrounding area located on the bottom of the foot under the big toe. You'll feel inflammation and pain, especially when walking on the affected foot.

Those who participate in activities that stress the toes and forefoot are at risk of sesamoiditis, including soccer and football players, dancers as well as catchers and pitchers. But inappropriate footwear including high heels can cause this injury too.

Resting is important to avoid stressing the area. Strapping the big toe may accelerate the healing process. Orthotics can help redistribute pressure away from the damaged bone. A corticosteroid injection into the area can help reduce inflammation. High-impact sports should be gradually reintroduced to avoid re-injuring the bones.

Word Search

I W G A I T B U N I O N S A R
 C G S N E U R O M A R V X M E
 I M E T A T A R S A L G I A U
 N O S X K E S Z T H T K P S B
 G L A Q N E R V E E Y W A S L
 H A M M E R T O E E N M I A I
 P R O N A T I O N L V D N G S
 I P I I N J E C T I O N O E T
 N O D A T H L E T E K E S N E
 J S I N F L A M M A T I O N R
 U T T D I A B E T E S V Z Z S
 R U I A E R O S M I T H R S Y
 Y R S Z O R T H O T I C X H D
 D E F O R M I T Y M U S C L E
 P O D I A T R I S T U B Y K Q

- | | | | |
|---------------|--------------|--------------|------------|
| metatarsalgia | sesamoiditis | inflammation | podiatrist |
| Aerosmith | pronation | deformity | injection |
| hammertoe | blisters | athletes | orthotic |
| massage | tendon | diabetes | muscle |
| posture | neuroma | injury | heel |
| icing | nerve | pain | |
| gait | | | |

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See Answer at: www.ami-solutions.net/westha/nl/2017/winter/Answer.pdf

History FootNote

Although a foot neuroma was documented by Queen Victoria's doctor in 1845, it was named Morton's neuroma in 1876 after Philadelphia physician and surgeon Thomas G. Morton.

Celebrity Foot Focus

Aerosmith's lead singer Steven Tyler might sing out "Walk this way," but he suffers from chronic pain and gnarled toes caused by Morton's neuroma.

Joke of the Month

1. Where do Santa and his reindeer go to get hot chocolate while flying in the sky?
 Star-bucks
2. What do you call the fear of getting stuck in a chimney?
 Santaclaustrophobia

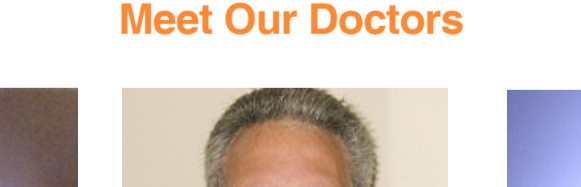
Trivia

If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.

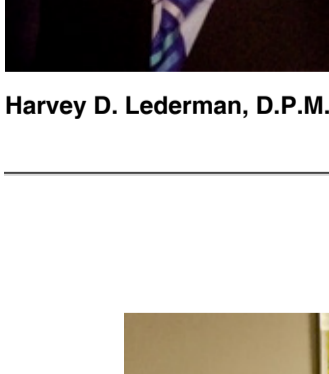
- A. True
 B. False

If you answered A, you're right! Heel pain is the No.1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament on the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.

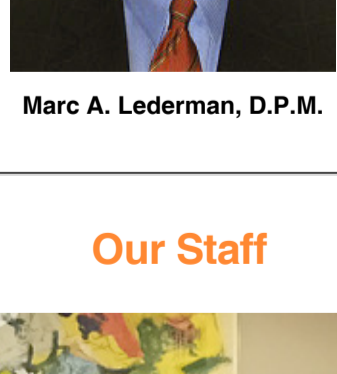
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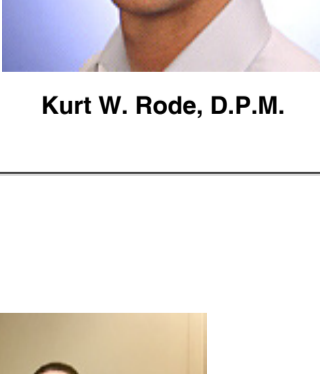
Meet Our Doctors



Harvey D. Lederman, D.P.M.



Marc A. Lederman, D.P.M.



Kurt W. Rode, D.P.M.

Our Staff



Our Office:

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Office Hours:

Monday: 8:30am - 5:30pm
 Tuesday: 8:30am - 5:30pm
 Wednesday: 8:30am - 5:30pm
 Thursday: Closed
 Friday: 8:30am - 5:30pm