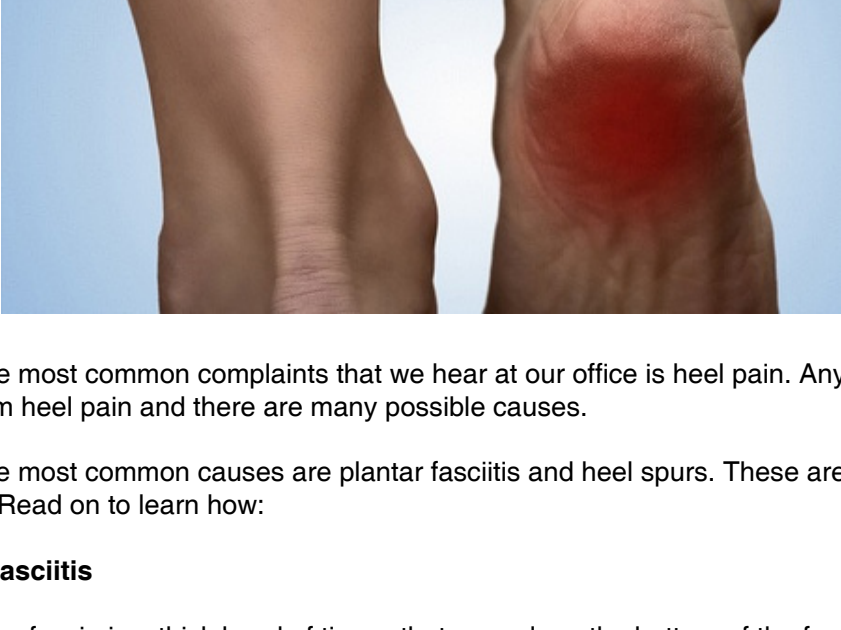


In This Issue...

- What Is Causing Your Heel Pain?
- Add a Foot Exam to Your Back-to-School Activities
- Child's In-Toeing and Out-Toeing
- Recipe of the Month: Cumin Pumpkin Soup

What Is Causing Your Heel Pain?



One of the most common complaints that we hear at our office is heel pain. Anyone can suffer from heel pain and there are many possible causes.

Two of the most common causes are plantar fasciitis and heel spurs. These are related – sort of. Read on to learn how:

Plantar Fasciitis

The plantar fascia is a thick band of tissue that runs along the bottom of the foot and connects the heel bone to the toes. When this tissue becomes inflamed due to tiny tears, plantar fasciitis is the result.

Plantar fasciitis usually is most painful first thing in the morning when you get out of bed. The pain can be severe but will ease up as you walk more and can feel worse after exercise.

Risk factors that can increase your risk of plantar fasciitis include:

- Age (between ages 40 and 60)
- Being overweight
- Stressful activities such as running, jumping and aerobic dance
- Being flat-footed or having an extra-high arch
- Standing on hard surfaces for long periods

To treat plantar fasciitis, we will begin with conservative methods such as anti-inflammatory medications, stretching and strengthening exercises, wearing a night splint to keep the fascia stretched out and custom-fitted orthotics to redistribute pressure more evenly.

If the pain does not respond to these conservative approaches, we will discuss injections or shockwave treatments to help heal the fascia. Surgery is indicated if these measures have failed to bring relief.

Heel Spurs

A heel spur is bony calcium growth on the underside of the heel bone that can reach as much as one half-inch. A heel spur can cause heel pain, but not always – only 5% of patients with heel spurs will experience pain.

Heel spurs are often associated with plantar fasciitis. Because the heel spur usually is not painful, the heel pain can be treated without removing it.

Heel spurs are caused by foot muscle and ligament strains or stretching of the plantar fascia and are commonly seen in athletes who run or jump. Risk factors include running on hard surfaces, wearing shoes without arch support or that are badly worn, obesity and walking gait abnormalities.

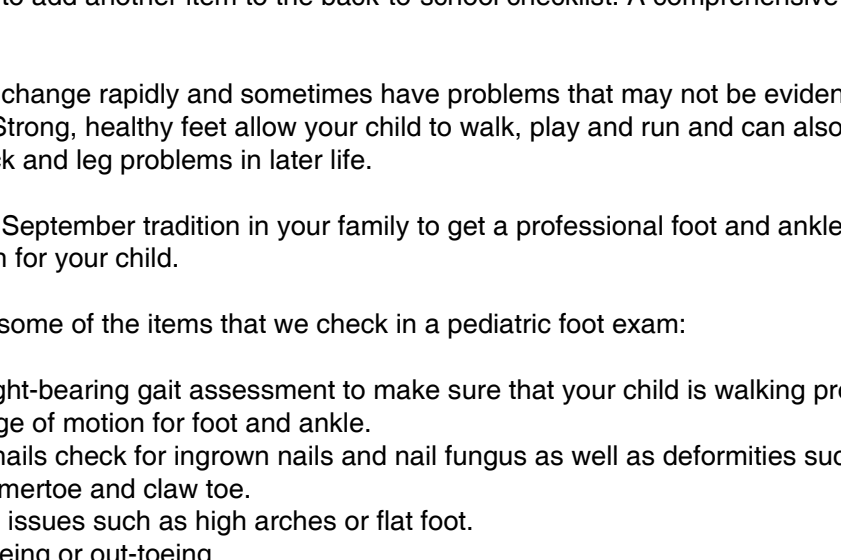
If a heel spur is painful, treatments are similar to those for plantar fasciitis.

Other Causes of Heel Pain

There are many other conditions and diseases that can cause heel pain including sprains and strains, fractures, tendonitis, bursitis and arthritis.

Be sure to visit us for an accurate diagnosis as to what is causing your heel pain. We will develop a treatment plan specific to your condition to heal your heel pain fast.

Add a Foot Exam to Your Back-to-School Activities



Fall back-to-school activities include buying a new backpack and filling it with supplies as well as school shoe shopping. Your child may also have had a new haircut and that all-important eye exam.

We'd like to add another item to the back-to-school checklist: A comprehensive foot exam.

Little feet change rapidly and sometimes have problems that may not be evident to parents. Strong, healthy feet allow your child to walk, play and run and can also prevent some back and leg problems in later life.

Make it a September tradition in your family to get a professional foot and ankle evaluation for your child.

Here are some of the items that we check in a pediatric foot exam:

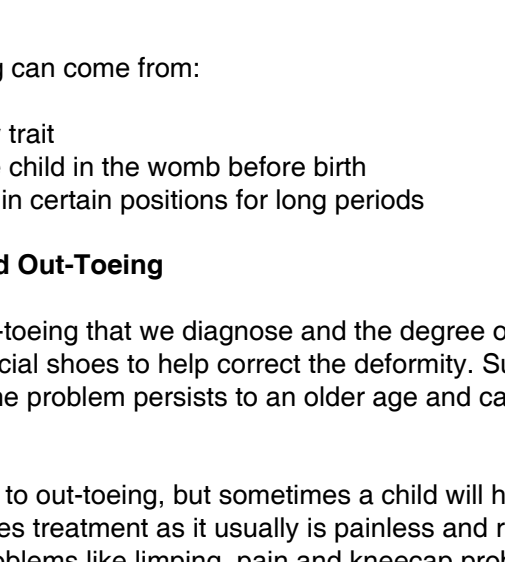
- Weight-bearing gait assessment to make sure that your child is walking properly.
- Range of motion for foot and ankle.
- Toenails check for ingrown nails and nail fungus as well as deformities such as hammertoe and claw toe.
- Arch issues such as high arches or flat foot.
- In-toeing or out-toeing.
- Skin assessment to check for warts, calluses, athlete's foot,
- Muscle strength evaluation.

Foot Exams Are for the Whole Family

You don't have to be going back to school to care about your feet! We recommend an annual foot exam for all ages, and twice a year or even more frequently for those with diabetes.

As Benjamin Franklin said, "An ounce of prevention is worth a pound of cure." One way to prevent foot and ankle problems is to visit your professional podiatrist regularly. We will catch potential problems quickly and work out a treatment plan just for you.

Child's In-Toeing and Out-Toeing



Do your child's feet seem to point inwards or outwards while walking? In-toeing and out-toeing are common children's foot abnormalities. Often parents that we meet with are concerned about these conditions. However, in most cases, they usually resolve with no special treatment by the time the child reaches 8 years.

In-toeing, also known as being "pigeon-toed," occurs when the toes point towards each other. Out-toeing, where the toes point away from each other, is less common. Both conditions usually are observed as soon as the child begins to walk. However, they may begin later.

In-toeing and out-toeing can come from:

- An inherited family trait
- The position of the child in the womb before birth
- Sleeping or sitting in certain positions for long periods

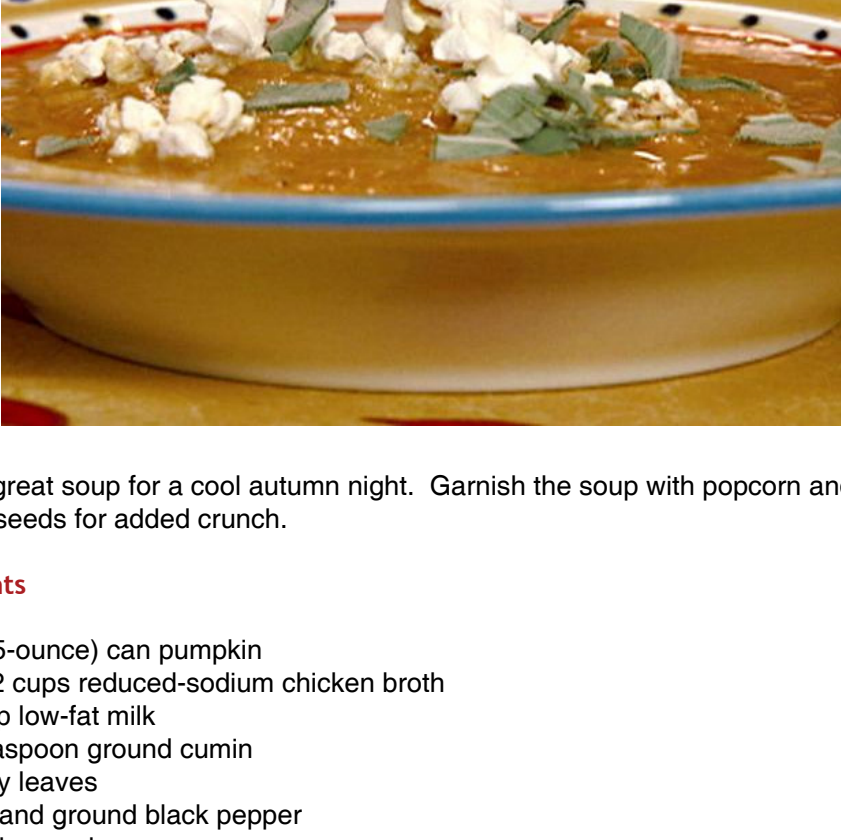
Treating In-Toeing and Out-Toeing

Based on the type of in-toeing that we diagnose and the degree of rigidity, your baby may wear a cast or special shoes to help correct the deformity. Surgery may be indicated especially if the problem persists to an older age and causes an abnormal gait or frequent tripping.

Flat feet are not related to out-toeing, but sometimes a child will have both conditions. Out-toeing rarely requires treatment as it usually is painless and resolves on its own. Surgery can resolve problems like limping, pain and kneecap problems.

Make an appointment for an exam if you are concerned with your child's gait. We're here to put your mind at ease.

**Recipe of the Month
Cumin Pumpkin Soup**



Here's a great soup for a cool autumn night. Garnish the soup with popcorn and pumpkin seeds for added crunch.

Ingredients

- 1 (15-ounce) can pumpkin
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup low-fat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish

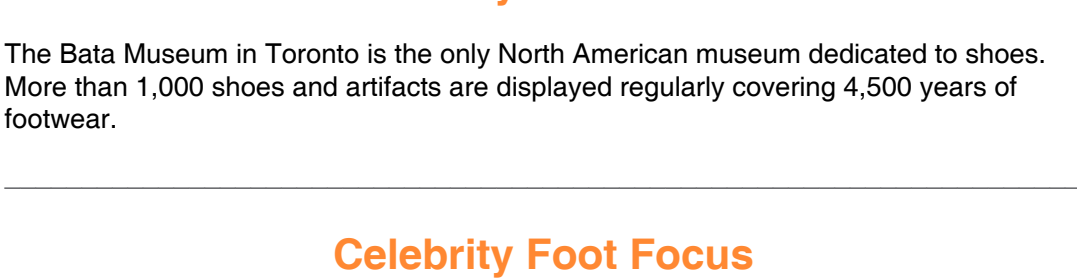
Directions

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat; remove bay leaves and season to taste with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.

Recipe courtesy of FoodNetwork.com

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History FootNote

The Bata Museum in Toronto and artifacts are the only North American museum dedicated to shoes. More than 1,000 shoes and artifacts are displayed regularly covering 4,500 years of footwear.

Celebrity Foot Focus

Standing "pigeon-toed" on the red carpet – Gwyneth Paltrow started it and celebrities Katie Holmes and Amal Clooney have followed.

Foot Funnies

 How does a frog feel with a broken foot? Un-Hoppy.

Trivia

"But the days grow short, when you reach September" Is a line from which famous song?

- A. September Song
- B. Farewell To Summer
- C. Back To School
- D. The Autumn Melody

Answer is A.

September Song by Frank Sinatra

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Meet Our Doctors



Harvey D. Lederman, D.P.M.

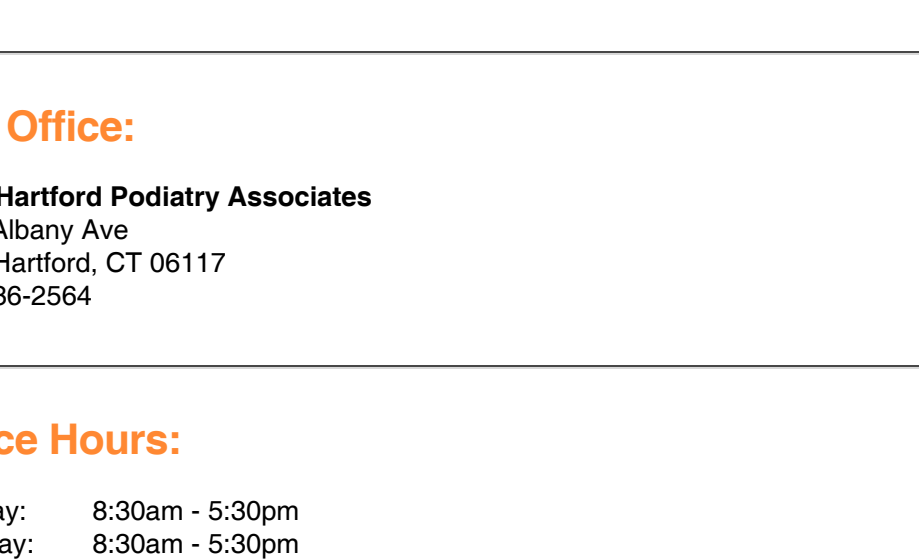


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Thursday: Closed
Friday: 8:30am - 5:30pm

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