

PodiatryCare, P.C. and the Heel Pain Center

ENFIELD - (860) 741-3041

SOUTH WINDSOR - (860) 644-6525

WINDSOR - (860) 741-3041

Newsletter

Fall 2017

Our Offices

Enfield

1379 Enfield Street
Enfield CT
Call: (860) 741-3041

South Windsor

1350 Sullivan Avenue
South Windsor, CT
Call: (860) 644-6525

Windsor

74 Mack Street
Windsor, CT
Call: (860) 741-3041

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- Can You Prevent Bunions From Getting Worse?
- Physical Therapy: An Effective Treatment for Many Foot Problems
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Saturday Hours Are Back!

Feet aren't supposed to hurt!

Do you know someone who needs to see a Podiatrist and just can't get around to it during the week?

Saturday hours are once a month....sometimes in South Windsor, others in Enfield.

Urge that spouse or friend to give us a call and we will find a time that is convenient for them.

Can You Prevent Bunions From Getting Worse?

Bunions are very common in the U.S. In fact, 23% of Americans age 18-65, and 35% of those over age 65, have at least one bunion.



A bunion is an enlarged big toe joint. Basically it is a normal bone in an abnormal position. This painful deformity typically runs in families. It can also be caused by a foot injury. Patients with flat feet, inflammatory joint disease or arthritis are more susceptible to bunions.

With a bunion, the big toe can move out of place and push against the smaller toes. It may be painful to walk and difficult to find comfortable shoes. Because bunions protrude, the inside of your shoe will rub against it causing irritation and calluses.

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History FootNote

Hippocrates is believed to be one of the first practitioners of physical therapy in 460 BC, advocating massage, manual therapy techniques and hydrotherapy.

Celebrity Foot Focus

Iman, Amal Clooney, Victoria Beckham and Oprah Winfrey are among the many celebrities who suffer from bunions.

Treating Bunions

If you observe a bunion on your big toe joint or if you have pain in this area, especially when wearing shoes, please give us a call.

The first step in treating a bunion is to change your footwear so your toes have plenty of room. Then we will work to reduce your pain and relieve the pressure on your toes with:

- Custom-fitted orthotics to help stabilize and reposition the joint.
- Shoe padding to relieve inflammation and friction.
- A night-time splint that can help realign the joint.
- A cortisone injection to reduce inflammation.
- Special exercises for flexibility and mobility.

If these measures don't give you enough relief from the pain, we will discuss a bunionectomy where the bunion is removed and the toe is realigned.

Keep Bunions from Getting Worse with These Tips

- Our feet flatten as we age and you may add a shoe size or two. Always have both feet professionally measured each time you shop for shoes.
- Choose shoes made of quality materials that fit well.
- Avoid footwear that crowds the toes, putting excess pressure on the joints. Narrow high heels are particularly problematic in causing and aggravating bunions.
- Select shoes with wide and deep toe boxes and flatter heels.
- Stay away from shoes that make your foot slide forward as these will jam your toes into the toe of the shoe.

Remember - bunions will not heal by themselves! Without proper treatment, this deformity will cause more pain and complications like chronic bursitis or arthritis may develop.

Physical Therapy: An Effective Treatment for Many Foot Problems

One of the most effective therapies in treating foot problems is physical therapy.

Physical therapy is useful in strengthening muscles and increasing flexibility. Treatments can also increase range of motion, support proper structural alignment and promote balance.

We often prescribe physical therapy for our patients with foot and ankle sports injuries as well as a post-surgery regimen to aid healing and recovery. Physical therapy is also helpful in treating a wide range of foot and ankle problems including:



Joke of the month



Q. What did the teenage witch ask her mother on Halloween?

A. Can I have the keys to the broom tonight.

Trivia

What's the best water temp for soaking tired feet?

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

....continued from page 2 **Physical Therapy: An....**

- All types of injuries
- Ankle sprains
- Congenital foot or ankle conditions
- Toe deformities like hammertoes and clawtoe
- Bursitis
- Tendonitis including Achilles tendonitis
- Heel pain and plantar fasciitis
- Sever's disease
- Neuroma
- Bunion
- Tarsal tunnel syndrome
- Muscle strain and tear

A physical therapist's tools of the trade can include ultrasound, diathermy, electrical stimulation and massage as well as targeted exercises and stretches.

What To Expect at Physical Therapy

We prescribe physical therapy treatments to continue the healing process that begins in our office. At the physical therapy office, the therapist will first meet with you and discuss your specific needs and goals. Your injury or condition will be evaluated and you'll discuss an individualized treatment plan.

The frequency of your visits and length of treatment will be based on your specific condition, prescription details and the therapist's recommendations.

Recipe of the Month **Healthy Chicken Salad**

If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika



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....continued from page 3 **Recipe of the Month**

- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of youbrewmytea.com

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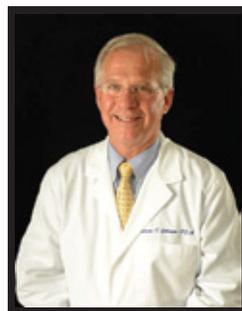


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Meet our Doctors



Dr. Marra



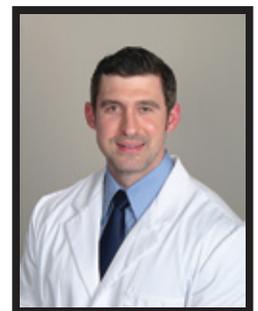
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