

# FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

December, 2021 Edition

## DON'T LET HEEL PAIN SPOIL YOUR HOLIDAY SEASON!

The holiday season is upon us once again, and that means a lot of work for your feet as you shop, wrap, decorate, cook, clean and entertain. One of the most common ailments we see all year round, but especially during the holidays, is heel pain. The heel bone, or calcaneus, is designed to withstand a great deal of stress as the heel strikes the ground with every step we take. This can rarely lead to stress fractures, but most heel pain involves a major ligament and tendon that attach to the heel.

The plantar fascia is a long, wide ligament that runs along the length of the bottom the foot from the ball to the heel and helps to stabilize the arch. If we over stress this ligament, it can develop multiple small tears within and pull away from its attachment into the heel bone causing pain and inflammation. So, it is very important that while we are on our feet preparing for the holidays, we wear supportive shoes. This pain and inflammation can be treated with anti-inflammatory medications such as Advil or Aleve. Rest, ice and stretching are also important, along with an arch support. If these measures fail, call our office for a full evaluation and discussion of additional treatment options.

Another common heel problem occurs in the back of the heel where the Achilles tendon inserts. This is the largest and strongest tendon in the body and runs from the calf muscle to the heel where it plays a vital role in walking. When over strained, inflammation can occur along the tendon itself, at its attachment into the heel bone or in one of the adjacent bursa sacs. This pain can be treated in the same manner as the plantar fascia pain. Additionally, heel lifts or shoes with a wedge heel will take some of the strain off the Achilles tendon.

A similar condition involving the back of the heel is called Haglund's deformity or a "pump bump". This is a large prominence of bone along the back of the heel that rubs in shoes and creates irritation. Wearing shoes with a stiff heel counter or walking excessively can irritate the skin over this bony bump, often leading to painful blisters. Adding a heel lift can change the pressure point of the heel counter, and blister bandaids can help to reduce the friction and pain. If the skin is very irritated, open backed shoes can provide some much needed relief.

So the bottom line is, be sure to care for your feet during the busy holiday season with proper, supportive shoes and adequate rest. Soaking in warm water with Epsom salts (1 Tbs Epsom salts to 1 pint of warm, not hot, water) for 15 mins can help to soothe those aching feet. This can be followed by applying ice to the feet. And if you can find a willing person, a nice massage goes a long way to rejuvenating your tired feet.

## **ANNOUNCEMENT**

Our annual Shoe Drive started in November and runs through March 31, 2022. Please drop off your new or gently used shoes, boots, sandals and slippers to either office to help those in need. Thank you for your continued support!

## **PERSONALLY SPEAKING**

We would like to welcome back to our practice, Medical Assistant, Elisabeth (Liz)! Originally from Chichester, she now resides in Claymont, DE. Liz enjoys spending time with her dogs Penny and Kaycee, watching videos, doing hair and makeup, going to the beach and listening to music. Her favorite part of working in our practice is connecting with patients and expanding her knowledge whenever she can. Additionally, Liz is enrolled in Delaware Technical School pursuing her BSN Degree. She looks forward to seeing you on your next visit!

## **MYTH BUSTERS**

Researchers found that ion cleansing foot detox products did nothing to reduce toxin levels in the body. They also concluded that the foot bath did not stimulate the body to remove toxins by itself, such as through the kidneys or liver.

## **FUN FACTS**

There are approximately 8,000 nerves in the feet. That's more per square centimeter than any other place in the body!

## **WHAT'S NEW**

While our Class IV laser therapy is not new, we have recently been using it for post operative swelling and pain. Not only does the laser therapy reduce the pain and swelling, but it speeds healing and improves mobility and flexibility of the joints and muscles, getting you back on your feet sooner!

## **QUOTES**

Today is your opportunity to build the tomorrow you want. – Ken Poirot

## **PUNNY STUFF**

To clean Santa's sleigh, the reindeer use Comet and a Santa-tizer.

## **PUZZLE:**

Call today for your foot health evaluation!

In Drexel Hill, call 484-459-5954  
(springfieldpodiatry@springpod.comcastbiz.net)

In West Chester, call 610-436-5883  
(accpodiatry@gmail.com)

Or visit us at [www.drsiegerman.com](http://www.drsiegerman.com)

Dr. Julie Siegerman and Dr. Siavash Rostami

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