

FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

December, 2022 Edition

Stress Syndromes in the Foot

We underestimate what stress does to so many parts of our body. There is often both a physical and mental toll from stress. The stress we're going to focus on here are specific areas of the feet that are impacted by it. There are times when we aren't able to pin a definitive diagnosis on a particular problem.

Although we have more tools now than ever to diagnose various conditions, not every foot and ankle condition is detected on an X-ray, MRI, or CAT scan. There are two areas of the foot subjected most to what we'll call a "Stress Syndrome."

The first and maybe most obvious is the bottom of the heel. We take for granted what our heels have to endure over a lifetime. Standing on a hard surface for hours and hours only adds to what the heel has to tolerate.

Even though most of us were blessed with enough cushion in the heels to withstand a massive load, stress to the heel bone can cause pain. Plantar Fasciitis is by far the most common cause of pain in the heel, but a "stress syndrome" of the bone does occur. What makes things interesting is how the pain of these two conditions can act very much the same. Our experienced "detective" work is commonly needed to distinguish conditions like these.

The second area of the foot where a "stress syndrome" occurs commonly is the central three metatarsal bones. These bones are long and skinny making them susceptible to stress injuries. Pain and swelling on the top of the foot between the toes and the ankle could be a sign of a stress condition of one of these metatarsals. An otherwise healthy person can be the victim of a metatarsal "stress syndrome" at the drop of a hat. One moment you're walking fine and the next your foot is killing you.

The balls and outside of the feet are two other common areas afflicted by this unkind "stress syndrome." There are many reasons such as genetics, footwear,

obesity, overuse and others that cause these “stress syndromes.” Once we feel confident a person has one of these conditions, we focus on the footwear, the exercise routine, work conditions and managing the inflammation.

Given how much we use our feet, getting a “stress syndrome” to quiet down isn’t always easy. **Besides the obvious goal of relieving the pain, avoiding something worse like a fracture of the bone is mission critical.** We know how common it is for people to live with pain for months before seeking medical attention. A “stress syndrome” isn’t likely to magically heal just like most chronic foot and ankle conditions. The longer someone waits to be evaluated and treated, the more difficult it may be to alleviate their symptoms. We are here for you with many treatment options, including traditional conservative therapies and regenerative medicine options. So, if you are suffering from foot pain, please call us to help you end a frustrating foot problem.

ANNOUNCEMENT

Our annual shoe drive has begun! We are accepting new and gently used shoes, slippers, boots and sandals to help those in need. Feel free to stop by either office to drop off these items at your convenience until March 31, 2023. This year, we are also accepting new socks and hosiery. Thank you in advance for your generosity!

PERSONALLY SPEAKING

We celebrated several November birthdays last month, including Malikah’s, Bobbie’s and Peggy’s. To celebrate her special round number birthday, Peggy went on a 7-day Carnival Legend cruise to the Bahamas with her husband. They enjoyed Nassau where they visited friends, Carnival’s private island, “Princess Cay”, swimming in clear beautiful water, a BBQ on the beach, and a stop in Freeport where they did a bus tour around the beautiful island. She had a wonderful time!

MYTH BUSTER

“You can’t change the arch of an adult.” Not true, because we do it all the time! The arch is a dynamic structure that can adopt a new position with the right influences. That is why we frequently prescribe arch supports, custom orthotics and various braces along with proper shoes.

FUN FACTS

While you are busy celebrating Christmas, Chanukah or Kwanza this December, consider another celebration in Mexico on December 23rd where they observe the Night of the Radishes. This radish carving festival is a strange but popular celebration.

WHAT’S NEW

For those suffering from painful neuropathy, we can now prescribe a topical medication called Qutenza. After you pick up the kit at your pharmacy, call for an appointment so we can apply the 30-minute topical treatment in our office. This reduces neuropathy pain in the feet and is applied every 3 months. Because it is a topical treatment, there are no interactions with other medications. Ask us if this treatment option may be right for you!

QUOTES

“December’s wintry breath is already clouding the pond, frosting the pane, obscuring summer’s memory.” – John Geddes

PUNNY STUFF

I'm an atheist 11 months out of the year, but in December, I am agnostic.

PUZZLE:

Call today for your foot health evaluation!

In Drexel Hill, call 484-521-0233

(springfieldpodiatry@springpod.comcastbiz.net)

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

Or visit us at www.drsiegerman.com

Dr. Julie Siegerman and Dr. Danielle Seiler

Follow us on Instagram @springfield.podiatry