

FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

September, 2021 Edition

IT'S BACK TO SCHOOL TIME!

Back to school time is upon us again, but this year, kids are actually looking forward to returning to school after the pandemic kept them home or with hybrid learning for so long. And as most kids are returning to school in person, they have certainly outgrown their previous school shoes. So, in this issue we will address how to find and fit proper shoes for your kids.

While it is tempting to choose a cute or cool shoe for your children, it is important to focus on the fit and function of a shoe rather than the fashion. (Understandably, it may be difficult to convince your kids of this!) But keep in mind that a growing child's foot requires proper shoe fit and function to ensure adequate health and development.

Improper shoe fit can lead to pain in the toes and feet, ingrown nails, corns, calluses and blisters. Over time, poorly fitting shoes can cause more serious issues such as foot and toe deformities, improper gait, poor posture and back problems. This is especially critical in the early developmental years under the age of six. We often see foot problems in adulthood that were created or exacerbated by improper shoes during childhood.

So here are some tips to find the proper shoe and fit for your child as they head back to school.

Have your child's feet measured. Most shoe stores have a Brannock device to measure the length and width of the feet. Have your child stand on the device with socks for a more accurate measurement.

Don't buy shoes that are too big. We want to buy shoes that are slightly large so kids can grow into them, and they last longer. This is understandable considering the cost of shoes, but if the shoes are even a half to one size too large, this presents a danger of kids tripping and falling. Furthermore, sliding in the shoes may lead to blisters or even blood formation under the toenails.

Check the toe space. The child should be able to wiggle the toes freely. The rule of thumb is that you should have a thumb's width (1-2 cm) between the end of the toes and the front of the shoe. This should prevent the toes from being squished together.

Choose function over style. If your child is playing sports, it is vital to use the proper shoe for a given sport. The toes should be closed, and the sole should be appropriate (ie, rubber sole for court sports and cleats or turf shoes for grass fields). Choose a shoe with adequate support and a soft, breathable upper material such as leather, canvas or mesh. Children's feet tend to perspire more than adult's feet, so proper ventilation is important. A firm sole will provide greater support and stability, particularly with side-to-side motion.

Replace shoes that do not fit. Resist the urge to save some money and keep them in shoes that they have outgrown. Again, this may lead to both short term and long-term problems with their feet. Kids tend to outgrow shoes in 3-4 months, so check the fit frequently. Also, check their feet for any areas of redness or irritation, corns, calluses, blisters, etc. as an indication of improper fit.

Be sure to measure and fit your child's shoes properly and choose a shoe with proper function in mind. Check the fit often, as they can grow one half of a shoe size in 3-4 months. This will ensure a lifetime of healthy, happy feet!

PERSONALLY SPEAKING:

This fall, one of our West Chester office receptionists, and my daughter, Nickey, will start her second year of graduate school at West Chester University. She is pursuing her Masters Degree in English, Professional Writing which she will earn

in May, 2022. Last year's courses were all virtual due to the pandemic, but so far the plan is to have in-person learning this coming academic year. Nickey hopes to become a published author of novels in the future and was rather upset when her mother beat her to the punch! She will continue to work part time in the West Chester office while attending classes. Good luck, Nickey!

MYTH BUSTERS:

Flat feet are bad. Approximately 30% of the population has flat feet, and most of them have no pain or problems. We do often see foot issues in patients with flat feet, but not all flat feet have pain or deformities. Wearing properly fitting shoes can help to protect any foot type.

FUN FACTS:

There are approximately 8,000 nerves in the feet. That is more per square centimeter than any other area of the body!

WHAT'S NEW?

Not exactly new, but we are using skin substitute grafts to heal stubborn wounds with great success. When used on the proper wounds along with sound patient compliance, we have achieved excellent results for various chronic foot and ankle wounds for our patients. Ask if this may be an option for you or someone you know!

QUOTES FOR SEPTEMBER:

“By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer.” – Helen Hunt Jackson

“Life is not about waiting for the storm to pass, but learning to dance in the rain.”
– Laura Marie

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

Dr. Julie Siegerman and Dr. Siavash Rostami

Follow us on Instagram @springfield.podiatry