

# FOOTNOTES2009

NEWS YOU CAN USE FOR SUMMER 2009



## Protect Kids from Serious Skateboard Injuries

Children and young adults love the thrill of skateboarding.

They learn to master their skills of “riding the rail” and “catching air.” But these types of tricks, while fun, can be physically demanding and

can cause serious foot and ankle injuries or conditions if not practiced safely.

Skateboarding can be particularly hard on feet and ankles because of the impact caused when performing jumps and tricks. Injuries from skateboarding can range from minor bruising and open wounds or cuts to more serious foot and ankle sprains or fractures, which may require surgical repair.

Skateboarders can also develop painful foot and heel conditions, such as plantar fasciitis, bone spurs or Achilles tendonitis from the repetitive, forceful motions associated with skateboarding. These conditions require more intensive, longer-term therapies.

To help avoid injury, skateboarders should always use caution and wear protective gear, including properly supportive shoes.

Accidents and injuries sometimes are unavoidable. If your child is injured, call our office for prompt evaluation and treatment. In the meantime, “R.I.C.E.” therapy is advised. This involves:

### Rest

Stay off the foot or ankle. Walking may cause further injury.

### Ice

Apply an ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

### Compression

An elastic wrap should be used to control swelling.

### Elevation

The foot or ankle should be raised slightly above the level of your heart to reduce swelling.

Be sure to also properly cover and disinfect open wounds and scrapes to avoid infection. Serious drug-resistant staph infections, like MRSA (Methicillin Resistant Staphylococcus Aureus), can be acquired through cuts or scrapes on the feet and are difficult to treat.

Remember, skateboarding can continue to be fun for your children as long as they take the extra steps for safety. 🍌

## Remember Sun Screen on Your Feet!

Did you know you can get skin cancer on your feet? Many patients are surprised to learn that skin cancer, including the most serious form, melanoma, does occur on the feet. In fact, melanoma of the foot is particularly dangerous because people rarely think to look for it on their feet.

So, play it safe this summer and protect your feet (including the soles) with sun screen. Check them regularly for suspicious spots on the soles, between the toes or under the toenails. If you notice anything that looks questionable or suspicious, don't hesitate to call our office for an appointment.

To learn more about malignant melanoma of the foot and the signs and symptoms to watch for, visit: [FootPhysicians.com](http://FootPhysicians.com). 🍌



# Bare Feet and Summer: Not the Safest Mix

Not only should you protect your feet from the sun's harmful rays, but take caution when thinking of going barefoot this summer. Summertime is primetime for puncture wounds and traumatic injuries to feet and ankles. The first and best defense to protecting your feet is to always wear shoes when outdoors.

## **Puncture Wounds**

Nails, shards of glass, splinters of wood, bits of shell at the beach, thorns from bushes and trees are all hidden dangers lurking in the grass and can easily puncture the skin of your foot. Even after you've attempted to remove the embedded object, many times dirt and bacteria that were pushed into the wound remain and can cause serious infections. Any puncture wound that has penetrated the skin should be treated in our office within 24 hours. Without proper treatment, this injury can result in not only infection, but painful scarring or development of a cyst.

## **Traumatic Injuries**

Accidents happen. Feet can get caught in the spokes of a bike. They may be hit by a rock or other object that flies out from the lawnmower. Sturdy shoes should always be worn when riding bikes or mowing the lawn. Any traumatic injury should be evaluated in our office to determine the extent of injury and proper treatment.

Don't let a foot injury ruin your summertime fun — always remember your shoes! 🍃

