

FOOTNOTES2010

NEWS YOU CAN USE FOR WINTER 2010

Is Your Foot Fracture an Early Sign of Osteoporosis?

Many of our patients are unaware that unexplained foot pain or foot fracture can actually be an early sign of osteoporosis, a bone thinning disease that is blamed for 1.5 million bone fractures each year.

Osteoporosis is referred to as the “silent crippler” since it often progresses without any symptoms or isn’t diagnosed until a person experiences pain from a bone fracture. This is true because bones with osteoporosis are in a weakened state and normal weight-bearing actions, like walking, can cause the bones in the foot to break. In fact, many of our patients visit our office suffering from foot pain only to find out they actually have a hairline break in the bone (stress fracture), without having experienced an injury.

While osteoporosis is most commonly seen in women over age 50, younger people and men are also affected. Early symptoms can include increased pain with walking accompanied by redness and swelling on the top of the foot. Oftentimes we notice patients don’t seek treatment for their symptoms for weeks or even months, thinking the pain will pass. Our best advice: don’t ignore foot pain of any type; early intervention can make all the difference in your treatment and recovery.

If you are diagnosed with osteoporosis, it’s important to protect your feet from stress fractures. Our office recommends you wear shoes that provide support and cushioning, such as athletic running shoes, to provide extra shock absorption and protection.



Custom orthotics may also help to protect the foot from pressure and provide shock absorption, particularly during exercise.

If you are suffering from unexplained foot pain, don’t ignore it. Call our office for a complete evaluation. 🐾

Keep Your Feet Fit in the New Year

The New Year is almost here and many are ready to follow through with resolutions to exercise and lose weight. When starting your workout, remember these tips to keep your feet safe and comfortable.



1. **Wear shoes designed for the exercise or sport**—Athletic shoes that support your arch and cushion the heel are best to wear. Custom orthotics may also help provide the extra support you may need. Make sure you have your feet measured and wear the proper size for the best comfort and fit.
2. **Start new workouts gradually**—Be sure to stretch or warm up for your workout and start new exercise routines gradually. We recommend increasing your exercise intensity by only 10 percent each week. If your feet do get sore, use rest, ice, compression and elevation (R.I.C.E.).
3. **Protect your feet from bacteria**—Sweaty shoes and public showers at the gym are breeding grounds for bacteria, including resistant strains like MRSA (methicillin-resistant *Staphylococcus aureus*). Never go barefoot while in public areas and be sure to cover cuts and cracks in the skin or ingrown toenails to help keep out the germs. If you have a cut or scrape that gets infected and it’s not healing in a timely manner, don’t hesitate to call our office to have it checked out. 🐾

Don't Let Winter Sport Injuries Keep You Inside

Winter wonderlands bring not only beauty but also fun winter sports. Skiing at a resort or skating across an ice rink make for great winter recreation, but don't let foot and ankle injuries keep you inside.

Ice skating can bring fun for all ages and experience levels, but it can bring a lot of falls on the ice as well. Excessive falls can tear or sprain ligaments or tendons and even cause ankle fractures. Use caution on the ice and

make sure your skates fit properly with the laces tight enough to give your ankles proper support.

Downhill skiers, cross-country skiers and snowboarders also risk injuries to their feet and ankles, including sprains, fractures and dislocations. We recommend that ski and snowboard boots are sized properly to your foot to give as much support as possible.

Ease into your activities. Whatever your sport, if you haven't been active since last winter, start two weeks ahead of time doing specific exercises to condition the muscles you will use.

If you are injured, call our office for an evaluation. Whether you've suffered from a sprain or fracture, it's important to get medical treatment promptly for both conditions. An ankle sprain can lead to chronic ankle instability if left untreated. If it's a fracture, it's best for healing if the bones are aligned correctly.

If x-rays show you don't have a fracture, you may still have a stretched tendon or injured joint. These may worsen without proper treatment and could cause arthritis, tissue damage and problems with foot alignment. We can help head off these potential complications.

By taking care of your feet, you'll be able to fully enjoy your winter sports! 🍷

