

# FOOTNOTES 2010

NEWS YOU CAN USE FOR SUMMER 2010

## Use Caution When Mowing



When mowing your lawn this season, be sure to protect your feet and the feet of those around you.

Did you know the blades on lawnmowers can whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun? Yet, each year our office continues to see patients who have been hurt while operating a lawnmower barefoot.

Take caution when mowing and remember:

- Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.
- Wear heavy shoes or work boots when mowing – no sneakers or sandals.
- Don't allow small children to ride on your lap while on a lawn tractor. Children can be severely injured by the blades when getting on or off the machine.
- Mow across slopes, never go up or down.
- Never pull a running mower backwards.
- Keep children away from the lawn when mowing.
- Keep the clip bag attached when operating a power mower to prevent projectile injuries.
- Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.

If you or someone around you is injured by a mower, be sure to seek treatment immediately. Superficial wounds can be treated on an outpatient basis at our office or at your closest emergency department. More severe wounds may need surgical intervention to repair damage.

Caring for your lawn can be an enjoyable summer experience. Just make sure you use caution to protect yourself from injury. 🌿

## Golfers: Don't be Handicapped with Foot Pain

This summer when you head to your favorite golf course, make sure your feet are in shape before you approach the tee.

Many golfers don't realize that foot pain can be an obstacle to the perfect golf swing. As your body transfers weight from one foot to the other during your swing, the nerves in the ball of your foot may become compressed or irritated and can cause pain.

Another source for pain may be from your big toe joint. When you follow through on your golf swing, the big toe joint on the back foot may bend too far, eventually wearing out the cartilage or jamming the joint. The wear and tear can lead to painful arthritis.

Heel pain can also make it uncomfortable for you to keep a solid stance during critical parts of your swing.

If these areas are causing you discomfort, call our office to schedule an appointment. There are many treatment options available to help keep your golf swing pain free. 🌿



# True or False?

Summertime fun can bring summertime injuries, including broken toes and fractured feet. And what you've heard about these injuries isn't always true. If you have foot pain after an incident, prompt treatment at our office will help prevent further damage.



## True or False?

**“A doctor can’t fix a broken toe.”**

Many people believe this and never get proper treatment for a broken toe. But the truth is, if a fractured toe or metatarsal bone is not treated correctly, serious complications may develop. For example:

- The bones may become deformed, limiting the ability to move the foot or finding shoes that fit.
- Severe fractures, or those within a joint, may cause arthritis.
- An untreated fracture can cause chronic pain and long-term dysfunction.

## True or False?

**“If you can walk on your foot, it isn’t broken”**

This is false! But many people continue to walk after a bone in their foot is fractured, which can cause even more damage. If you have any of these symptoms, you may have a broken bone in your foot.

- Pain when the fracture occurs. The pain often goes away after several hours.
- A toe that looks misshapen.
- Bruising and swelling the next day.

The best thing to remember is if you do injure your foot, don't ignore it and don't believe everything people say. Trust a professional and call our office to have it checked out. You'll be keeping your feet in good shape for all the summers to come. 🍌