



NEXT STEP

Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



WINTER 2012

Find Us, Friend Us, Follow Us and Find Answers on the Web!



www.ctfootcare.com



CT Foot Care



@CTFootcare



www.ctfootcare.blogspot.com/



CT Foot Care



CT Foot Care

Pass this Newsletter on to a Friend!

To be added or deleted from our newsletter mailing list, please email your name and address to: CTFootCare@gmail.com

Can I Have a Bunion on the Outside of My Foot?

Taylor's bunion, also called a bunionette, is a prominence of the fifth metatarsal bone at the base of the little toe. The metatarsals are the five long bones of the foot. The prominence that characterizes a tailor's bunion occurs at the metatarsal "head", located at the far end of the bone, where it meets the toe. Taylor's bunions are not as common as bunions, which occur on the inside of the foot, but they are similar in symptoms and causes.

Why is it called a tailor's bunion? The deformity received its name centuries ago, when tailors sat cross-legged all day with the outside edge of their feet rubbing on the ground. This constant rubbing led to a painful bump at the base of the little toe.

Often a tailor's bunion is caused by an inherited faulty mechanical structure of the foot. In these cases, changes occur in the foot's bony framework, resulting in the development of an enlargement. The fifth metatarsal bone starts to protrude outward, while the little toe moves inward. This shift creates a bump on the outside of the foot that becomes irritated whenever a shoe presses against it.

Sometimes a tailor's bunion is actually a bony spur (an outgrowth of bone) on the side of the fifth metatarsal head. Regardless of the cause, the symptoms of a tailor's bunion are usually aggravated by wearing shoes that are too narrow in the toe, producing constant rubbing and pressure.

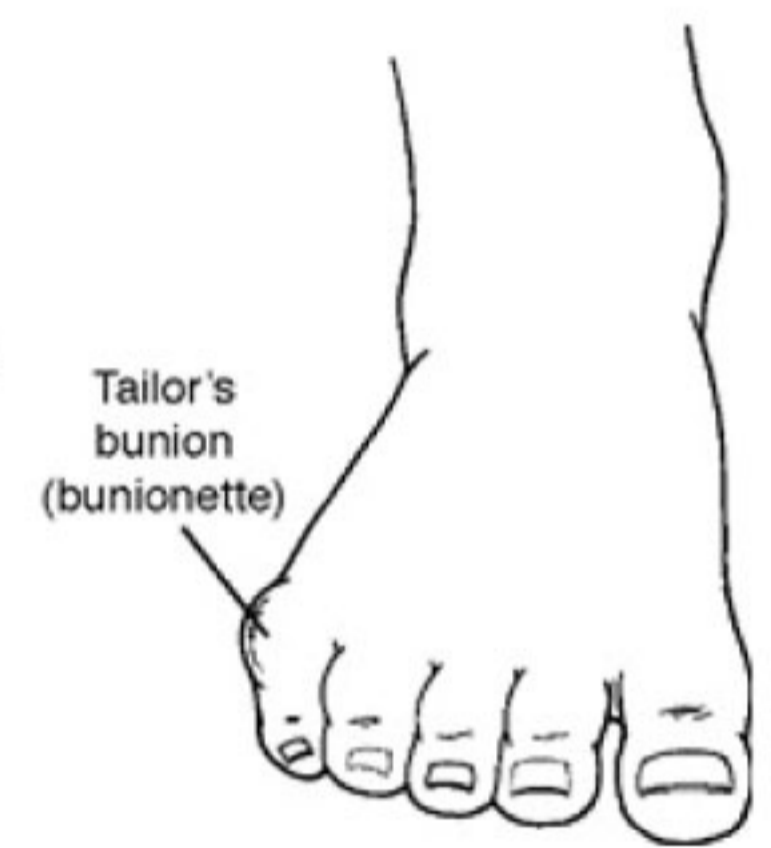
The symptoms of tailor's bunion include redness, swelling, and pain at the site of the enlargement. These symptoms occur when wearing shoes that rub against the enlargement, irritating the soft tissues underneath the skin and producing inflammation.

Taylor's bunion is easily diagnosed because the protrusion is visually apparent. X-rays may be ordered to help the foot and ankle surgeon determine the cause and extent of the deformity.

Treatment for tailor's bunion typically begins with non-surgical therapies. Your foot and ankle surgeon may select one or more of the following:

Shoe modification. Choose shoes that have a wide toe box, and avoid those with pointed toes or high heels.

Padding. Bunionette pads placed over the area may help reduce pain.



Continued on Pg. 2

Tailor's Bunion: Continued from Pg. 1

Oral Medications. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve the pain and inflammation.

Icing. An ice pack may be applied to reduce pain and inflammation. Wrap the pack in a thin towel rather than placing ice directly on your skin.

Injection Therapy. Injections of corticosteroid may be used to treat the inflamed tissue around the joint.

Orthotic Devices. In some cases, custom orthotic devices may be provided by the foot and ankle surgeon.

Surgery is often considered when pain continues despite the above approaches. In selecting the procedure or combination of procedures for your case, the foot and ankle surgeon will take into consideration the extent of your deformity based on the x-ray findings, your age, your activity level, and other factors. The length of recovery period will vary, depending on the procedure of procedures performed.

Injuries From Winter Sports

In the winter months, many of us move our exercise routine indoors. From running on the health club track, participating in court sports such as basketball or tennis, or skating on the indoor ice rinks, indoor sports can cause many types of foot injuries. These may include:



Stress Fractures. These tiny, hairline breaks can occur in the bones of the foot. They can be caused by overtraining or overuse, improper training habits or surfaces, improper shoes, flatfoot or other foot deformities, and even osteoporosis. Stress fractures in the bones of the feet can lead to a complete break if left untreated. Persistent pain in the foot is a warning sign that something is wrong.

Heel Pain. Pain may be due to plantar fasciitis, an inflammation of the band of tissue that extends from the heel bone to the base of the toes. However, pain in this area may be due to other conditions, including stress fractures, tendon problems, or even irritation to heel spurs from snug-fitting shoes and skates.

Ankle Sprains. These can range from a basic ankle sprain to tendon injuries and talar dome injuries. Remember to lace up those skates to provide more support and stability to the ankle.

Achilles Tendon Injuries. The Achilles tendon runs down the back of the lower leg and connects the calf muscle to the heel bone. Feeling pain and tenderness in the back of your foot or heel may be Achilles tendonitis, an inflammation of the Achilles tendon. This usually develops from a sudden increase of physical activity, such as playing sports only on the weekends. Forceful jumping or pivoting, or sudden accelerations of running can overstretch the tendon and cause a tear.

Traumatic Fractures. Due to the speed one can reach ice skating, traumatic fractures can occur. For example, an ice hockey player sliding into the ice rink boards feet first may result in a calcaneal (heel bone) fracture.

Remember to always warm up before activity and stretch afterwards to help prevent an injury. Custom orthotic devices and proper arch support for shoes and skates can help protect your feet. Use the appropriate shoe for your sport and foot type. If you do experience pain, make an appointment with our office for evaluation. Don't let a foot or ankle injury keep you on the sidelines this winter.



Heel Pain Stretch: Adductor Stretch

Sit on the floor with your back against a wall, keeping your back straight. Put the soles of your feet together and your hands on your knees. Push your knees down towards the floor until you feel a stretch in your inner thigh.

Hold 30 seconds.
Repeat 5 times a day.

Winter Hard on Feet

Whether you live in a cold weather climate or you're just vacationing in one, the winter season can be beautiful but also very dangerous, with snowy, icy walkways. Using caution when outside or travelling to wintry areas can help prevent ankle sprains and fractures from ruining your plans for enjoying the winter months.

Wear the right shoes for the weather. High-heeled boots may be fashionable but not very practical on slippery surfaces. Shoes or boots with a low heel and traction soles provide a more secure footing. If you need to wear high-heeled shoes, change into them when you arrive at your destination.

Check for slippery areas. Watch your step when exiting your car or walking out of a building. Take notice of any potentially icy areas. Keep your hands free to support and help provide balance in case you begin to fall.

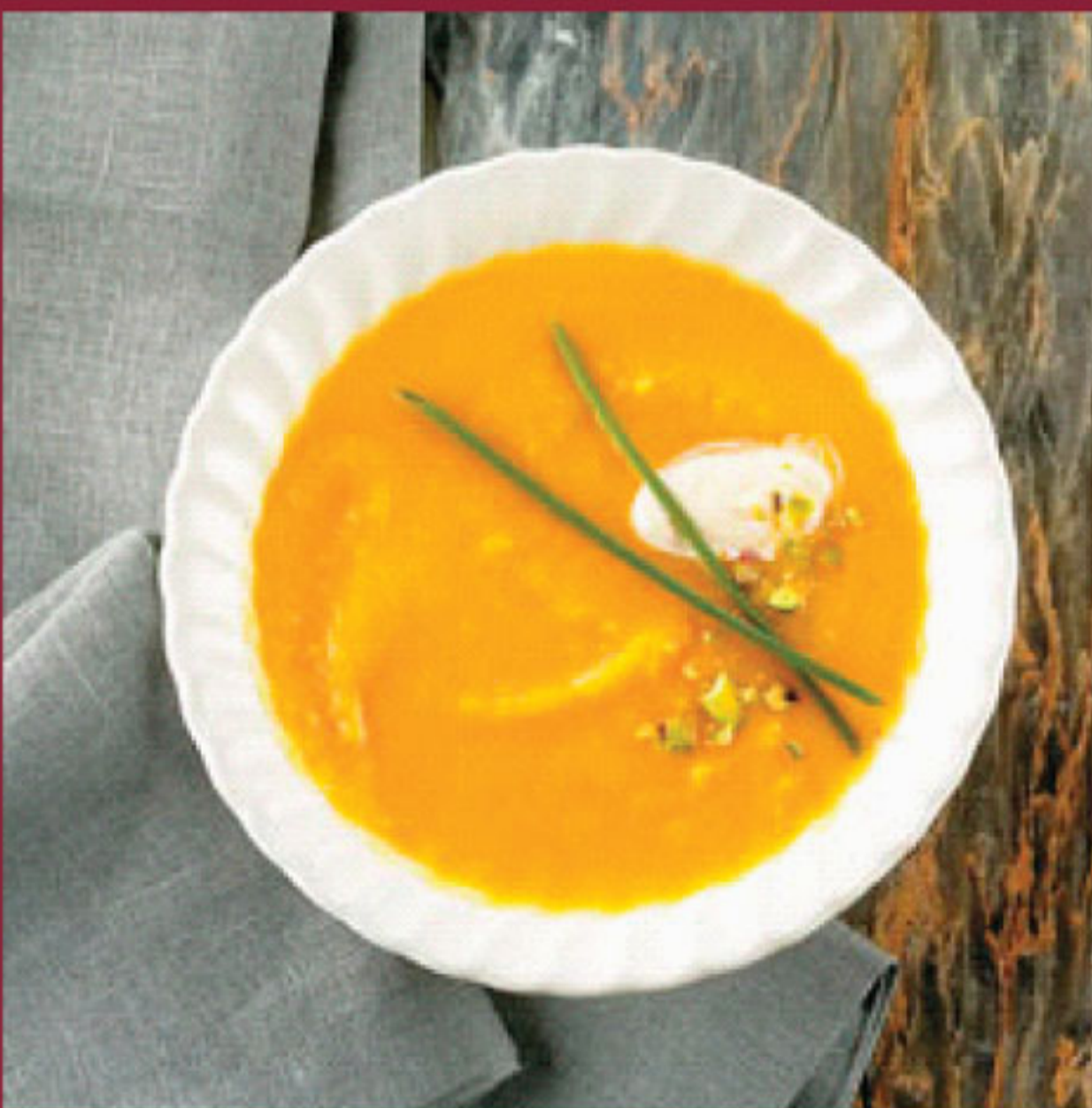
Keep areas near doorways well-lit and clear of ice and snow. Areas around your house, especially stairs and sidewalks, should be well-lit so that you and your guests can better detect icy areas.

Don't ignore an injured foot or ankle. If you do suffer an injury, don't delay in calling our office for prompt evaluation and treatment. In the meantime, the R.I.C.E. method should be followed.

Delaying treatment can result in long-term complications such as chronic ankle instability and pain, arthritis, or deformity. Remember, even if you are able to walk on the injured foot you may still have a serious injury.



Diabetic Recipe: Butternut Squash Soup



Makes: 9 servings
Serving Size: 1 cup

Preparation Time: 30 minutes (not including time for squash to cool after microwaving)

Cooking Time: 40 minutes
(including 15 minute cool time before blending)

Ingredients

1 large (about 3 lbs) butternut squash
2 cups chopped, well-washed leeks, white part only (about 2 medium)
1/4 cups dry white wine
4 1/2 cups low-fat, reduced sodium chicken broth
1 tsp. ground white pepper
1/2 tsp. kosher salt
1 Tbsp. butter

Topping

3 Tbsp. chopped pistachios
1/2 cup plain non-fat yogurt
1/4 cup creme fraiche
1 Tbsp. minced fresh chives

Preparation

1. Place the butternut squash in a microwave oven (on the glass turntable or the rack). Microwave the squash on high for 5 to 6 minutes. Remove the squash carefully with pot holders and set aside until it is cool enough to handle. Microwaving makes it easier to cut the squash. If you don't have a microwave oven or want to skip this step, proceed with step 2.

2. Cut the squash in half crosswise. Standing each piece upright, carefully peel the skin off with a sharp knife or vegetable peeler. Discard the skin.

Set each piece of squash lengthwise on a cutting board. Cut each piece in half lengthwise. Remove and discard the seeds from the squash. Using a serrated spoon, remove any excess stringy fibers from the squash. Cut all the squash into 1 inch cubes. You should have about 10 cups of cubes.

3. Add the squash and leeks to a heavy, large saucepot. Add the wine and the broth. Cover and bring to a boil over medium-high heat. Reduce to a simmer and cook until the squash is tender, about 25 minutes. Let cool for 15 minutes. Add in the pepper and salt.

4. Puree the soup, in batches if necessary, in a food processor or blender (use an immersion blender if you have one). Add the soup back to the saucepot and add the butter. Set over low heat for a few minutes, until the butter melts.

5. For the topping, toast the pistachios in a small, dry skillet for 2 to 3 minutes, shaking the pan frequently, until they are lightly browned. Set aside. In a small bowl combine the yogurt, creme fraiche, and chives. For each bowl of soup, swirl the yogurt mixture on top. Top with the chopped pistachios. Alternatively, you can garnish the soup with individual topping ingredients.



Rocky Hill Office
506 Cromwell Avenue
Rocky Hill, CT 06067
(860) 563-1200

Bristol Office
51 Burlington Avenue
Bristol, CT 06010
(860) 582-0747

Middletown Office
535 Saybrook Road
Middletown, CT 06457
(860) 346-5226

Glastonbury Office
300 Hebron Avenue
Suite 105
Glastonbury, CT 06033
(860) 633-6749

Newington Office
505 Willard Avenue
Building 2, Suite D
Newington, CT 06111
(860) 666-2078

Kensington Office
949 Farmington Avenue
Kensington, CT 06037
(860) 828-9455

December Holiday Survival Tips by Brian Ayers CSCS

The first thing to consider is the fact that this time of year tends to get real busy. All of the running around shopping and attending gatherings can cause even the most dedicated fitness enthusiasts to get thrown off track. With that in mind, here are a few tips to think about when you're out shopping:

1) Shopping can actually be pretty good exercise.

The act of shopping can actually encompass a lot of the basics of exercise. Lifting all of those gifts can be a strength training workout and depending on how many things you are carrying at once, you may also be doing quite a bit of balance training. Be sure to keep your core tight! You can maximize your walking volume by parking further away from the store. Also, hit the stairs whenever you can to add to your calorie expenditure, and if you are given no other option but to get on an escalator you do still have the option of walking up it just try not to push others out of your way.

2) Be sure to eat before going out to shop

We've all got a lot of shopping to do during this time of year, but one thing that most people don't think about in advance is what to eat while they're out and about. This is an important thing to consider especially if you're out on a marathon shopping trip. Skipping meals can lower your metabolism, and eating on the run usually means your healthy options will be sparse. So what should you do? Your best bet will be to eat a healthy meal before you go out to shop. This will not only give you more energy to fight the crowds, but it will also help you resist the snack shops like Mrs. Fields and Pretzel Time.

3) Beware of the food court.

If you know you are going to be out longer than your next scheduled meal you may want to consider packing a meal in a cooler that you can keep in your car. That way when you get hungry you can just pop out to the parking lot and have your next meal ready for you. You don't even have to go into that den of temptation known as the food court. Another good option is to bring some type of protein bar or shake with you or make Vitamin Shoppe or GNC your own personal food court.

4) Beware of the free sample.

Free samples are utilized by merchants as a great way to give the customer a taste of your product and leave them wanting more. Now you may be thinking, "There can't be that many calories in a small sample". Well you're right, but if you have one small sample here, and another small sample there, then over the course of your shopping trip those calories will add up. Also, don't forget they're trying to get you hooked. It starts with a small sample and before you know what you're doing you're walking out with a basket full of their tricky little treats.

For more tips and exercises to help fight back those holiday pounds visit www.AreYouRugged.com.

WACKY SHOE OF THE QUARTER

Winter Shoes

Have a safe, happy, and foot-healthy winter season from all of us at CT Foot Care Centers. For more "Wacky Shoes", check out our Facebook page and Pinterest Shoe board.



Jeffrey Kahn, DPM



Richard Ehle, DPM



Craig Kaufman, DPM



Ayman Latif, DPM