

FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

June, 2022 Edition

ANKLE PAIN:

Pain in the ankle can have a big impact on your mobility. Unlike some foot problems, it's hard to compensate for pain in the ankle. The longer someone suffers from ankle pain, the greater the chance the foot, knee, hip or back can start to hurt.

There are many possible causes of ankle pain. An injury such as a simple ankle sprain can lead to long-term pain and even instability of the joint. Not only can an ankle sprain cause swelling, pain and inflammation, but damage to the ligaments in the form of tears or stretching can lead to an unstable ankle that is at risk of further injury.

Arthritis is another common cause of ankle pain. Because of how much force we put on our ankles with every step, wear and tear can cause damage to the cartilage in the joint. Over time, the cartilage wears away, and the bones rub against each other. This leads to pain and stiffness. Bone spurs may then develop which further compromise the amount of motion at his important joint. The lining of the joint capsule becomes injured repeatedly, causing the lining to thicken and tear. It may even become pinched by the bone to cause sudden, sharp pain and a locking sensation in the joint.

Having flat feet may also be a cause of this condition. Flat feet allow the bones that make up the ankle joint to jam into each other excessively, leading to degeneration of the joint and pain. There are even some hereditary factors that lead to ankle problems.

Figuring out exactly where the pain is coming from is the first step to finding a solution. Some people cannot pinpoint the precise location of the pain, therefore a thorough examination is important. Sometimes the pain is felt on the inside of

the ankle when the problem is coming from the outside. An examination and x-rays will guide us to the most accurate diagnosis.

Ankle pain can come from the joint itself, tendons that pass around and over it, ligaments, and nerves all around it. It is important to understand that most ankle pain is not from an injury. Faulty mechanics of the foot and ankle because of hereditary factors, improper shoe gear and excessive weight are some of the most common causes of ankle pain.

Ankle pain, whether acute or chronic, needs rest to heal. Avoiding running and jumping activities will usually help. An ankle brace can give the ankle stability, leading to less soreness. Ice and an anti-inflammatory such as Ibuprofen or Aleve can also offer some relief. If there is a structural or mechanical issue such as with flat feet, orthotics (in-shoe arch supports) can provide long term help at reducing the irritation of the ankle joint.

We have many options to solve pain in the ankle. Treating it as early as possible usually leads to a faster solution. Chronic ankle pain will often need an MRI to make the most accurate diagnosis. As long as there isn't damage to the joint or a ligament or tendon tear, non-surgical measures can work. In addition to those noted above, such treatments options include cortisone injections, amnion injections, physical therapy, home exercises, class 4 laser therapy, and shock wave therapy. The faster we can alleviate the ankle pain, the less stress there is on the knee, hips and back, and the sooner you will be back to enjoying your activities.

So don't wait until your ankle pain becomes debilitating. Come see us for an evaluation and treatment to get you back on your feet!

PERSONALLY SPEAKING

The voice of our billing department, whom most of you have not met, is Bobbie. She has had an interesting and varied career, starting as a teacher for children with learning disabilities and ending up working for singer Patti LaBelle. After retiring, Bobbie realized that she enjoyed working. She was taught about the

insurance and billing industry where she enjoys helping patients navigate their insurance and billing questions. Bobbie and her husband have a second home (her “soul place”) at the Jersey shore. She loves reading and dogs and has two golden doodles. Bobbie is a wonderful person and a tremendous asset to our practice!

MYTH BUSTERS

“Going barefoot is good for your feet.” This is not true because exposing your feet can lead to cuts, scrapes and infections. Even going barefoot indoors makes you more prone to stubbing toes, dropping objects on the feet and stepping on broken glass or needles stuck in a carpet. So, keep your feet protected!

FUN FACTS

Toenails grow faster in the summer, during pregnancy and in teenagers.

WHAT'S NEW

We are excited to announce that we now have EPAT (Extracorporeal Pulse Activation Technology) shockwave therapy in our practice! Shock wave therapy has been used to treat various musculoskeletal conditions for over 20 years, and the technology has become better, smaller and more affordable, allowing us to use this most advanced and highly effective non-invasive treatment method approved by the FDA in our office. Specific pressure waves stimulate the metabolism, enhance blood flow and accelerate the healing process. This allows tissue to gradually regenerate and eventually heal. It is very successful for plantar fasciitis, Achilles tendonitis, other tendon pain, sprains and neuromas. Ask us about this exciting state-of-the-art treatment!

QUOTES

“Start where you are. Use what you have. Do what you can.” – Arthur Ashe

PUNNY STUFF

Once, I was kidnapped by mimes. They did unspeakable things.

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

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