

# FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

October, 2022 Edition

## **Who Could Benefit From Custom Orthotics?**

The simple answer is that most people could benefit from Custom Foot Orthotics. With all of the pounding we do to our feet, they need some help.

There are many genetic conditions of the feet that can be dramatically helped by orthotics. That certainly pertains to kids as much as it does adults. Also, since the feet are affected by extra weight, many overweight people need the benefits of orthotics.

## **What Exactly Do Orthotics Do?**

Orthotics are far from being just arch supports. What they do is CONTROL the way your feet move. It's the abnormal movement of your feet that leads to many foot conditions and pain. For your feet to be healthy, all of the bones, joints, ligaments and tendons must be in the correct alignment to function ideally. Unfortunately, often because of genetics, the feet aren't aligned perfectly to function perfectly.

## **Are Good Supportive Shoes Enough?**

Shoes that have good support are good for your feet... but don't even come close to providing the benefits of orthotics. Remember, it's the control of movement that's most important to relieve foot pain. There isn't a shoe brand that can control faulty foot movements.

## **What Specific Conditions Can Orthotics Help?**

The most common condition orthotics help is PLANTAR FASCIITIS. Aside from that, other common foot conditions that benefit from orthotics are:

- Bunions
- Arthritis
- Tendinitis
- Hammer toes
- Flat feet

### **Can Orthotics Help Kids?**

Yes! There are certain foot conditions of kids from 2-18 for which orthotics are stunningly successful. Most children with flat feet that have foot pain are in need of orthotics. Athletic kids who complain of leg pain benefit greatly from orthotics. Teenagers who are showing signs of genetic conditions such as bunions and hammertoes should get orthotics as quickly as possible.

### **Will Orthotics Fit In My Shoes?**

We can make orthotics to fit into any type of shoes. Whether you wear dress shoes, athletic shoes or work boots we can make orthotics to fit them perfectly. The idea is to be able to wear them daily otherwise you won't reap the benefits.

### **How Long Do Orthotics Last?**

Most orthotics will last 4-5 years. After that time, they may still look decent but they will have lost support and control. Also, our feet change to some degree every year.

### **Do I Need 2 Pairs Of Orthotics?**

Many people are investing in 2 pairs so they can put them in different shoes. We can make different orthotic styles to match the shoe style. Remember, wearing them consistently will give you the most benefit.

So ask our doctors about prescribing custom orthotics for your feet at your next visit!

## **PERSONALLY SPEAKING**

Maria has been promoted to our new Office Manager! She will now be working in both offices. After retiring from the American Red Cross Blood Services and wanting to return to a healthcare related position, Maria joined our practice as a Front Desk Ambassador in our Drexel Hill office in 2019. Since that time, Maria has worked in both offices and enjoys meeting and greeting our patients as well as working alongside a dedicated staff. Maria resides in Springfield with her husband Rick and their beloved Labrador Retrievers. We congratulate Maria on her new position and know she will do a phenomenal job!

## **MYTH BUSTER**

If you swallow a piece of gum, it will take you 7 days to digest it. Not true. Gum takes no longer to pass through the digestive tract than any other food you swallow, although it will remain as a lump and not be digested.

## **FUN FACTS**

People can develop serious foot problems as they age, which puts their health, independence and well-being at risk. Your feet can give an early warning about serious health problems such as diabetes, nerve damage, poor blood circulation and arthritis.

## **WHAT'S NEW**

As mentioned in our September Foot Notes, we have implemented a new service called **EBM Medical** that allows us to prescribe a wide variety of medical food supplements and topical remedies for a multitude of conditions. The **topical pain creams** available are much stronger than over the counter preparations and can help control pain due to arthritis, tendonitis, injuries, neuropathy and nerve pain, etc. These are a great supplement to oral medications or can be used in place of oral medications to minimize adverse side effects while providing significant pain relief. The prescription orders are placed the day of your visit, and the company will send the products directly to your home with full instructions for use. They will also handle automatic refills. Please ask our doctors if one of these excellent products can help you!

## **QUOTES**

“Instead of worrying about what you cannot control, shift your energy to what you can create.” – Roy G. Bennett

## **PUNNY STUFF**

When life gives you melons, you're dyslexic.

## **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](http://www.drsiegerman.com)

Dr. Julie Siegerman and Dr. Danielle Seiler

Follow us on Instagram @springfield.podiatry