

# Foot Notes

Brought to you by Dr. Powers

News and Updates

## December 2016



## Soaking Up the Benefits

### DIY Foot Soaks

#### Meet the Doctor

##### Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board  
of Foot and  
Ankle Surgery



Association of  
Extremity  
Nerve Surgeons

If your dogs are barking after a long day of holiday shopping, there's nothing like a relaxing foot soak to pamper those paws! So, sit, stay, and enjoy the benefits of these DIY foot soaks to soothe your feet and have them begging for more!

Start with a basin of warm water, then add the following ingredients according to your needs:

#### **Solution for Swelling**

Add ½ cup of Epsom salt and let the healing powers begin

#### **Energy-Booster**

Perk up tired muscles with 3 - 4 drops of peppermint oil and a drop each of eucalyptus and lemon oils

#### **Relaxing Retreat**

2 drops of lavender oil and ¼ cup of Epsom salt is all you need for a soothing spa-like experience

#### **Fixer-Upper**

If you have bruises, cuts and scrapes, help the healing along with 2 drops of Sandalwood oil and ¼ cup of Epsom salt

Try any of these soaks to tame your tired feet and you'll be feeling doggone great in no time (which means you can get more of that holiday shopping done)!



# Don't Be so Callus!

Calluses are thick, hardened layers of skin that develop with good intentions – to protect your skin against pressure and friction. The problem is, even though they mean well, calluses on your feet can sometimes cause discomfort and interfere with your favorite activities. Not to worry, though. We have tips to prevent this protective build-up from developing in the first place.

First and foremost, make sure your shoes fit! Ill-fitting footwear is the biggest culprit behind a callus, since shoes that are too tight can place pressure on your feet and definitely rub them the wrong way. Give your shoes the wiggle test – if you can't wiggle your toes, it's time to go shopping!

Next, always wear socks with your shoes, and if you have certain vulnerable spots, like your heels, the balls of your feet or the sides of your toes, cover those areas with padding or lamb's wool so there's an added layer of protection.

If you do develop a callus despite your best efforts, consider a pumice stone to be your best friend, along with moisturizer, of course. After soaking or bathing, follow these smooth moves: gently rub the stone over the rough patch, rinse, and apply lotion. See, it's easy to stop being so callus!



"We took the ruler out of dad's new tool kit so he'd have a foot as a stocking stuffer!"

## Mark Your Calendars

- December 8** National Brownie Day – try topping with candy canes!
- December 9** Christmas Card Day – start sending those greetings
- December 12** Poinsettia Day – 'tis the season
- December 17** National Maple Syrup Day – sweet!
- December 20** Go Caroling Day – gather some friends and spread some cheer
- December 21** Crossword Puzzle Day – snuggle up and enjoy
- December 25** Christmas Day – let the unwrapping begin!





# Feeling Frozen from Raynaud's Disease

This time of year, much of the country experiences the cold and blustery weather that winter brings. People everywhere are breaking out their warm socks and gloves. However, if your fingers and toes feel frozen no matter the season (or what you wear to stay warm), you may have a condition called Raynaud's disease.

Also referred to as Raynaud's phenomenon or syndrome, this condition is characterized by a temporary narrowing of the arteries that supply blood to the skin due to cold temperatures, but also stress. The reduced blood circulation causes fingers and toes to feel cold and even numb. There is often a color change to your digits as well, and a prickly or stinging sensation when warmth is restored or stress is relieved.

Although an underlying condition might be behind these bouts (and thus should be treated appropriately), most times Raynaud's can be controlled simply by reducing stress in your life, dressing warmly in cold temperatures, exercising, and refraining from smoking. There are also medications that can help, and in severe cases that negatively affect quality of life, surgical procedures can be considered.

It's best to come see us, though, so we can assess the problem and determine the best course of action to treat it. Just ask our friendly staff if you have questions or want to learn more.

# Easy-Peasy Holiday Party Favor Ideas

Whether you're looking for ways to present guests with goodies or send them off with something special, here are a few festive and easy ideas for homemade holiday party favors in the spirit of the season:

- Dress up a red cup with a black construction paper belt to look like Santa's suit, then fill with candy
- Fill a clear jar with a layer of hot cocoa mix, mini marshmallows, and crushed candy cane
- Loop a pretty ribbon through holiday cookie cutters and give as ornaments
- Another ornament idea: fill a glass bulb with Epson salt then glue on a felt snowman face
- Use a mitten or mini stocking to fill with trinkets and treats
- Make a cookie kit by filling a cookie jar or container with recipe, cookie cutter, sprinkles, and a hot pad

## Dr. Powers Foot & Ankle

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### Soaking Up the Benefits DIY Foot Soaks



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# You've Heard of Pigeon Toes, but Penguin-Toed? Understanding Out-Toeing



Pigeons are known for walking with their feet angled toward each other which is why the familiar term pigeon-toed is used to describe those who walk with toes pointed inward. While not as common, children sometimes walk more like a penguin – with toes pointing outward – a condition called, curiously enough, out-toeing.

Parents often get their feathers ruffled, understandably concerned with such gait abnormalities, however in most cases, out-toeing is painless, does not interfere with activities, and children simply outgrow the condition and their gait corrects itself far before they leave the nest (typically, by age 10)!

Occasionally, though, your child may experience discomfort and have difficulty running and playing. Even if kids don't make a peep, signs of trouble are easy to spot. Limping, tripping, and falling are clues that something is wrong, along with excessive wear on the outside of shoes, a reduced range of motion, and lack of desire to participate in normal activities.

If you notice any of these symptoms, come see us so we can rule out any underlying conditions that could be affecting your child's gait. We will take your little one under our wing and provide the best of care!