

Foot Notes

Brought to you by Dr. Powers

News and Updates

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Bunions 101

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

A bunion is an unnatural, bony hump that forms at the base of the big toe where it attaches to the foot. Often, the big toe deviates toward the other toes. When this occurs, the base of the big toe pushes outward on the first metatarsal bone – which is the bone directly behind the big toe – forming a bunion. Because this joint carries a lot of the body's weight while walking, bunions can cause extreme pain if left untreated. These painful lumps can also develop on the little toe. In this case, it's called a bunionette. The size of the bunion does not correlate with the amount of pain experienced. Even a small bunion can cause a lot of pain!

What Causes Bunions?

Foot problems typically develop in early adulthood and get worse as we age. For many people, bunions can be hereditary. They may be just one of several problems due to weak or poor foot structure. In addition, bunions sometimes develop in people with arthritis, flat feet, hammer toe, loose ligaments, over pronation and in people who have suffered foot injuries.

Symptoms

Some people may not have any symptoms of bunions, or the symptoms may develop gradually.

- Typically, symptoms include:
- Swelling or a bump at the base of the big toe.
- Bending of the big toe toward the other toes.
- A red, painful joint.
- Irritated skin over the bunion.

How Can I Prevent Bunions?

Keep track of the shape of your feet as they develop over time, especially if foot problems run in your family.

- Wear shoes that fit properly and don't cramp or pinch your toes
- Women should avoid shoes with high heels or pointed toes.

A study by the American Orthopaedic Foot and Ankle Society found that 88 percent of women in the U.S. wear shoes that are too small and 55 percent have bunions. Women are more likely to complain of bunion pain due to wearing high heels or pointy, ill-fitting shoes.

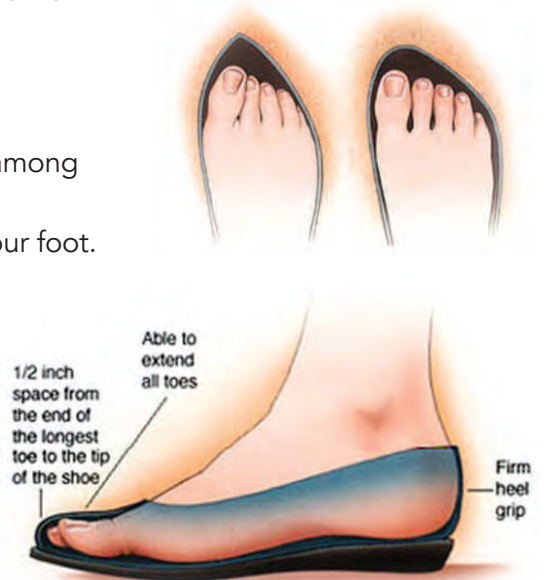
I'm afraid to have bunion surgery!

It's true. Bunions often become painful if they are allowed to progress and surgery may be necessary. But not all bunions progress. Many bunion problems can be managed without surgery. In general, bunions that are not painful do not need surgical correction. For this reason, many Podiatric surgeons do not recommend "preventive" surgery for bunions that do not hurt; with proper preventive care, they may never become a problem.

Bunion pain can be successfully managed in the vast majority of cases by switching to shoes that fit properly and don't compress the toes. Dr. Powers can give you more information about proper shoe fit and the types of shoes that would be best for you.

Follow these general points of shoe fit:

- Do not select shoes by the size marked inside the shoe. Sizes vary among shoe brands and styles. Judge the shoe by how it fits on your foot.
- Select a shoe that conforms as nearly as possible to the shape of your foot.
- Have your feet measured regularly. The size of your feet change as you grow older.
- Have both feet measured. Most people have one foot larger than the other. Fit to the largest foot.
- Fit at the end of the day when your feet are the largest.
- Stand during the fitting process and check that there is adequate space ($\frac{3}{8}$ " to $\frac{1}{2}$ ") for your longest toe at the end of each shoe.
- Make sure the ball of your foot fits well into the widest part (ball pocket) of the shoe.
 - Do not purchase shoes that feel too tight, expecting them to "stretch" to fit.
 - Your heel should fit comfortably in the shoe with a minimum amount of slippage.
 - Walk in the shoe to make sure it fits and feels right. (Fashionable shoes can be comfortable.)



Some shoes can be modified by stretching the areas that put pressure on your toes. Splints to reposition the big toe and orthotics (special shoe inserts shaped to your feet) also may relieve pain. For bunions caused by arthritis, medications can be prescribed to reduce pain and swelling.

“What our patients are saying...”

“I had a real bad bunion on my left foot and my big toe was crossing over the next one. It made blisters between the two toes. I was in lots of pain. It hurt to walk the more I was on it. It felt like a rock under the big toe all the time. I had to buy bigger and wider shoes. The big toe is straight now and looks good. I will be glad to wear my shoes again. Thank to Dr. Powers and his staff. They are all very pleasant. I thank them very much!” – Beverly J. Major

“After two years of foot pain, I can finally walk PAIN FREE! Dr. Powers and staff are the BEST! The care I received was out of this world! Through the whole process I was informed and made to feel comfortable with the procedure! I would recommend Dr. Powers above all other doctors! THANK YOU!” –Travis T.

“Crowdfunding” Kickstarter Goes Shoe Crazy



Have you joined the Kickstarter craze? Launched in 2009, the well-known “crowdfunding” site allows creative types to raise funds and bring their ideas to life. As of March, the site has something new to brag about—over 1 billion dollars raised and more than 58,000 concepts supported. Among them—shoes—a lot of shoes.

Enter a simple Google search, “kickstarter shoes,” and you’ll find a wide array of projects. From Altum’s barefoot dress shoe to Ropix jump rope shoes, there’s sure to be something that catches your eye (and maybe your wallet).

If you’re shopping for new shoes, sometimes it’s good to be creative with your style, but there are some things that never change. The following are important recommendations from the American Podiatric Medical Association:

- Talk to your podiatrist about your arch type and the best type of shoe for your unique feet.
- Shop for shoes at the end of the day to ensure proper fit.
- Ask to be measured and don’t assume your normal size will always fit—manufacturer sizing differs.
- Choose activity-appropriate footwear.
- Select shoes with support for the entire foot. Shoes should not bend in the middle!
- Replace old shoes. Runners need new shoes every 300-400 miles.
- Wear flip-flops and high heels sparingly.
- Never ignore foot pain!

Kickstarter doesn’t have the shoe market cornered, but it’s a fun place to see what the future holds for footwear. If you’re searching for new ideas for your foot gear needs, our office is the perfect place to start.



Running Away from Foot Problems

A lot of fitness fads come and go, but running remains one of the most popular forms of exercise. It certainly has its benefits—it gets your blood pumping, strengthens your heart, and helps with your overall fitness, not to mention managing your weight. Plus, you can pretty much do it anywhere, at any time! There’s no need for a gym membership nor expensive equipment. Despite its many advantages, however, all of that pounding can have some serious impact on your feet.

To avoid foot pain or injury, be sure to have proper footwear that fits well and provides adequate support and comfort. Those with underlying conditions can benefit from orthotic inserts as well. In addition, it is essential to warm up before you start your run, and stretch afterwards to keep your muscles relaxed and flexible. Increase mileage or intensity gradually, and if you have pain, don’t ignore it. A small problem can quickly turn into a big one if not cared for properly and promptly. Just ask our expert staff!

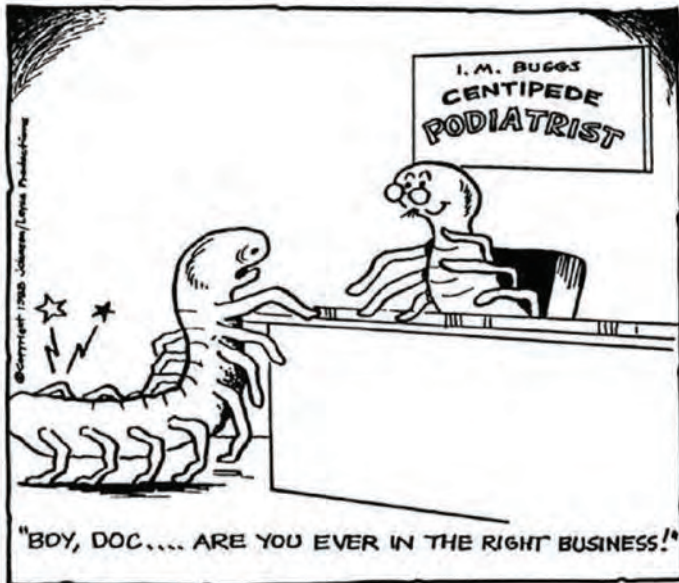
So go ahead and head for the hills, hit the road, or tackle the trails. Just make sure your feet are ready to take it on. Visit us for more tips on how to keep your feet fit and healthy while you run. We’ll be happy to help with any problems you are experiencing currently, as well as provide guidance for prevention of problems in the future. Strap on your running shoes and head to our office today.

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Apple Slab Pie

This is a great and easy dessert to enjoy during the cold winter months. Switch it up with different fillings or use cookie cutters to cut festive shapes in your top crust.

Ingredients

1 box ready-made refrigerated pie crusts, softened as directed on box
1 cup granulated sugar
3 tablespoons all-purpose flour
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

1/4 teaspoon salt
1 1/2 tablespoons lemon juice
9 cups thinly sliced, peeled apples (9 medium)
1 cup powdered sugar
2 tablespoons milk

Directions

1. Heat oven to 450°F. Remove pie crusts from pouches. Unroll and stack crusts one on top of the other on lightly floured surface. Roll to 17x12-inch rectangle. Fit crust into 15x10x1-inch pan, pressing into corners. Fold extra pastry crust under, even with edges of pan. Crimp edges.
2. Mix granulated sugar, flour, cinnamon, nutmeg, salt and lemon juice. Stir in apples to coat. Spoon apple mixture into crust-lined pan.
3. Bake 33 to 38 minutes or until crust is golden brown and filling is bubbling. Cool on rack 45 minutes.
4. Mix powdered sugar and milk until well blended. Drizzle over pie. Allow glaze to set before serving, about 30 minutes.

