

# Foot Notes

Brought to you by Dr. Powers

News and Updates

## February 2015

## How to Keep It Moving All Winter Long

### 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

Oh, we totally understand. Couches are calling your name. Blankets and warm fires are beckoning you to come snuggle. It's that time of year when much of the country puts fitness on the back burner for warmth and cozy comfort. However, just because we're in the depths of winter doesn't mean your exercise routine should go into hibernation! Fight the temptation to laze around and get moving! Not only will you feel better and stay healthier, but you'll be glad you remained active when it's time to bathing suit shop! Besides, winter exercising can be fun.

Hit the slopes for some downhill skiing or take in the scenery while you cross-country ski or run. Slip on some ice skates or head for the hills—the sled hills that is! You may be riding down them, but you'll have to walk back up! Speaking of walking, simply taking a stroll can get your heart pumping and your lungs filled with fresh air. If you'd rather stay inside, there are still plenty of options. Hit the pool and swim a few laps, join a gym, or do some weight training. You could also walk inside a shopping mall or take a yoga or dance class—now's the perfect time to try something new!

Whatever you choose, be sure to stay hydrated, dress appropriately, and warm up beforehand.

Break out of your fitness slump and beat the winter blues! For more helpful hints on keeping your body moving, just ask! We'll be happy to devise an exercise plan that's just right for you.



# Haglund's Deformity: Skating on Thin Ice

This time of year, people everywhere are lacing up their skates and gliding, spinning, and in some cases, slipping and sliding, across the ice. Even in the warmer climates, indoor rinks are frequented by recreational skaters and hockey fans alike. Sure it's a ton of fun, but while you're completing that figure 8 and landing a jump (or not!), the stiff heels of ice skates can be causing damage to your feet—namely by creating a condition called Haglund's deformity.

The problem occurs when pressure, like from a stiff pair of skates, is placed on the bony back of your heel, causing it to become enlarged. This can also cause it to become irritated and inflamed, eventually developing bursitis. The inflammation can also lead to calcification of the bone resulting in the bump becoming even more prominent—and painful.

However, there are things you can do to ease your discomfort. First, take pressure off of the area by limiting your time in skates. If you play hockey, this might be difficult, so try using a heel pad or cushion for protection. Ice and anti-inflammatory medication can help to reduce symptoms as well. Be sure to wear appropriate socks with your skates, and stretch your Achilles tendon to prevent it from becoming tight and aggravating your heel.

Follow these guidelines and you'll be sure to skate through the season pain-free! Want more advice to keep your feet healthy and safe? Our helpful staff is happy to answer any questions!

## FOOT Funnies

A man goes into the doctor. He says, "Doc, you gotta check my leg. Something's wrong. Just put your ear up to my thigh, you'll hear it!"

The doctor cautiously placed his ear to the man's thigh only to hear, "Gimme 20 bucks, I really need 20 bucks."

"I've never seen or heard anything like this before, how long has this been going on." The doctor asked.

"That's nothing Doc. put your ear to my knee."

The doctor put his ear to the man's knee and heard it say "Man, I really need 10 dollars, just lend me 10 bucks!!"

"Sir, I really don't know what to tell you. I've never seen anything like this." The doctor was dumbfounded.

"Wait Doc, that's not it. There's more, just put your ear up to my ankle," the man urged him.

The doctor did as the man said and was blown away to hear his foot plead, "Please, I just need 5 dollars. Lend me 5 buck please if you will."

I have no idea what to tell you," the doctor said. "There's nothing about it in my books," he said as he frantically searched all his medical reference books. "I can make a well educated guess though."

"Based on life and all my previous experience I can tell you that your leg seems to be broke in three places."





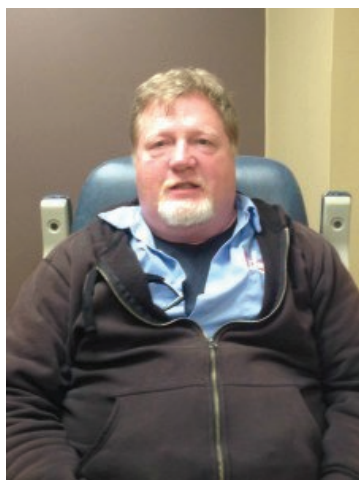
"Dr. Powers' office has been one of the best doctors' offices I've visited. They are always very kind and seem genuinely concerned about my well-being. It has been a privilege coming to this nice of an office."

– Spencer S.



"Dr. Powers alleviated the pain in my right heel. He also took care of my ingrown toenail. It feels wonderful to be able to walk without pain or limping. Thank you to Dr. Powers and his wonderful staff, they are friendly and professional."

– Randall Hancock



"After a failed surgery from another doctor, I was told of Dr. Powers by a friend. Dr. Powers has taken care of the original problem and is working towards a solution to reversing the problem the other doctor created through his surgery. Dr. Powers is very professional and I believe he sincerely cares about my well-being." – Stephen Ison

"I was sent to Dr. Powers by my family physician due to the pain in my foot. I am so thankful I was because I received the highest level of care I could ever ask for. Dr. Powers was very attentive to my needs and did a great job during surgery on my foot. Dr. Powers and all of his staff are very caring and wonderful people. I highly recommend him!" – Kathy Shields



"Can't believe the difference I feel since my surgery. I have very little pain after four weeks. Dr. Powers and his staff have treated me very good and are so sweet. I will tell everyone to go to him and they will feel so much better afterwards. I give him and his staff a 5 star and a big hand clap. Thank you very much!!" – Carla Sue F.

"The care that I receive from Dr. Powers and his staff was awesome! They were very professional, caring, and friendly! It



was such a burden to walk before my foot surgery and such a great relief afterwards. It was a great decision to have surgery after years of off and on pain." – Valerie E.

"I am very satisfied with the care and treatment I received. I dealt with foot pain for over a year, came to Dr. Powers and he took care of it. I'm now back to playing sports, swimming and walking my dog with no pain at all. The staff and Dr. Powers were great and I will always recommend them to anyone I hear with feet problems. Thank you for giving me a normal life back. THANK YOU!" – Troy S.



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# Better (*and healthier*) Than Store-bought Apple Chips

*A Paleo Diet Recipe from [www.paleoplan.com](http://www.paleoplan.com)*

## Ingredients

2 cups unsweetened apple juice (if possible, juice your own from about 5-6 large apples)  
1 cinnamon stick  
2 large apples  
ground cinnamon

## Instructions

- Preheat oven to 250° F.
- In a large pot over high heat, combine apple juice and cinnamon stick. Bring to a low boil.
- Remove top and bottom of apple and slice crosswise to make 1/8 thick "chips." Discard any seeds.
- Carefully drop apple slices into boiling juice and cook 4-5 minutes. Apple slices will appear translucent.
- Use a slotted spoon to remove apple slices from juice and place on a clean cloth towel. Pat dry.
- Place dried apple chips on a wire cooling rack placed on a cookie sheet (this will catch any drips).
- Bake 30-40 minutes until apple slices turn golden brown and are almost dry to the touch.

