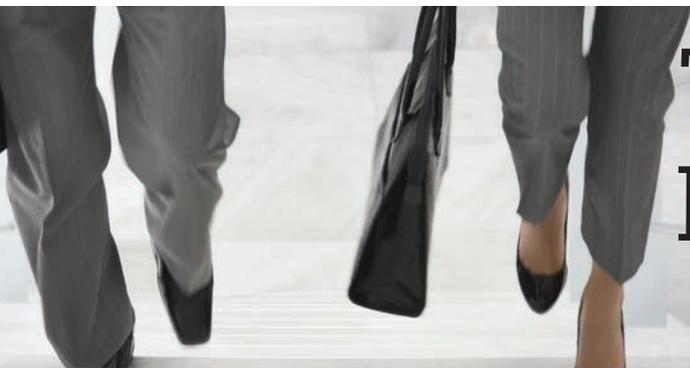


# Foot Notes

Brought to you by Dr. Powers

News and Updates **March 2016**



## The Ins & Outs of Indoor & Outdoor Walking

Walking is a popular form of exercise for young and old alike, and for good reason! It's easy, you don't need expensive equipment, and you can pretty much do it anytime, anywhere—inside or out! Depending on the weather, which is particularly "iffy" this time of year, you can enjoy a hike in the great outdoors, or you can head inside for a sheltered stroll. Whichever you choose, though, be sure to check out these tips to keep your walk safe, and keep your routine going.

### 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

**Plan a place.** When the weather is bad, the mall isn't the only place you can get your steps in, there are schools and businesses who open their doors to walkers too. Colleges and clubs often have open hours for their indoor tracks to promote year-round health. You can also use a treadmill, if you prefer to stay inside. If heading outside, make sure you choose a course with even terrain to avoid sprained ankles and falling. Parks often have maps for their trails that rate difficulty.

**Seize opportunities.** One of the great things about walking is it's easy to fit into any schedule. Take advantage of moments throughout your day when you can squeeze in some extra steps: take the stairs, walk to a co-worker instead of sending an email, opt for a farther away parking spot, go up and down every aisle at the grocery store—you get the idea.

**Dress for success.** Obviously, what you wear inside is going to be different than what you wear out. Your best bet is to dress in layers. That way you can take layers on and off as needed. Proper footwear is also essential to avoid discomfort and possible injuries. Look for shoes made specifically for walking, with plenty of cushion and supportive soles.

**Find some friends.** It's easier to stick to an exercise program if you're not trying to go it alone! Join a walking group or ask family or friends to accompany you.

**Don't overdo it.** Just like with any form of exercise, you should start out slowly, then gradually increase distance and intensity. It's a good idea to warm up beforehand, too. Do a few stretches or a set of jumping jacks before you hit the road.

For more tips, walk on over and ask our friendly staff!



“This patient had horrible pain due to foot deformities from rheumatoid arthritis. Shoes were virtually impossible to find or wear comfortably. In order to surgically reconstruct the foot, I had to shorten the big toe and make it similar in length to the other foot so she could buy shoes that were the same size for both feet. Then the skin had to be lengthened, by a special plastic surgical technique, in order to straighten the toe and be able to close the skin with stitches.

It turned out well as the patient can now wear shoes and is walking without pain.”

## Kids with Pets = Less Stress

The CDC reported that pets helped kids stay more active resulting in lower BMI (Australia and UK). Also, in the US, kids with animals were almost half as likely to screen positive for anxiety than those without pets.

# Mark Your Calendars

- March 1** National Pig Day—oink, oink
- March 4** National Walk to Work Day—we knew those tips would come in handy!
- March 12** Plant a Flower Day—grab those garden gloves!
- March 14** National Potato Chip Day—a perfect excuse
- March 17** St. Patrick's Day—go green!
- March 23** National Chip and Dip Day—still have some chips left?

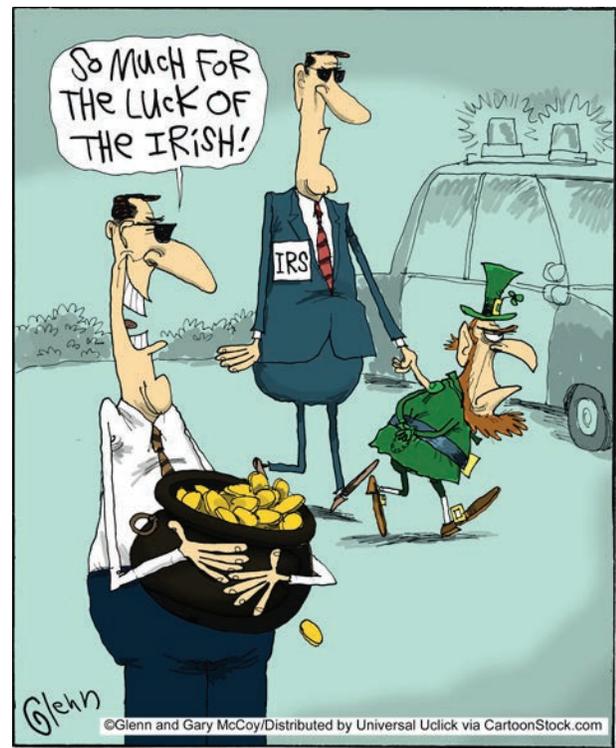
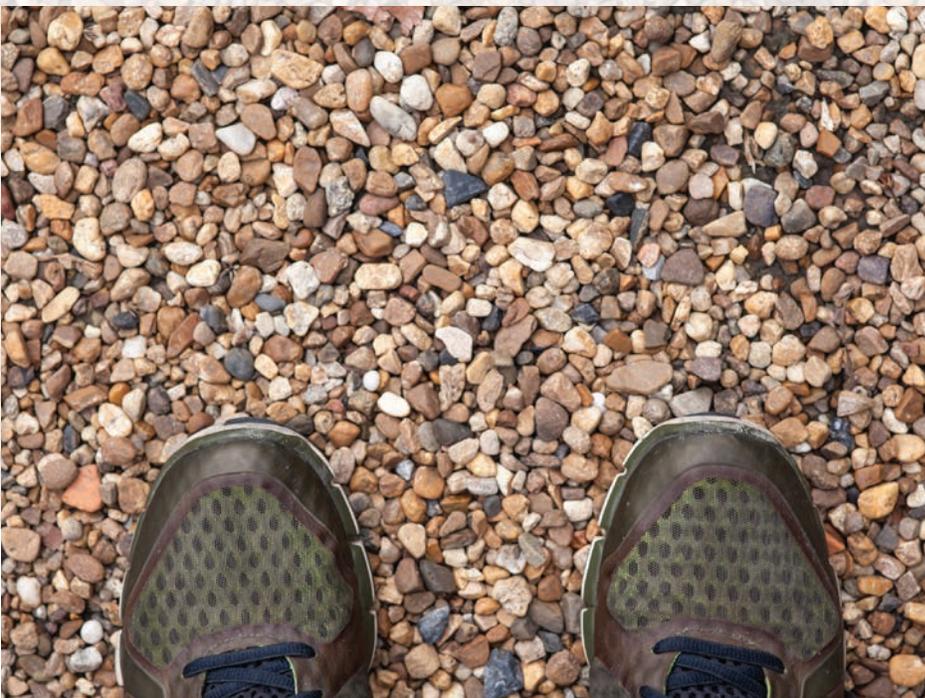


# Help! There's an Invisible Pebble in My Shoe

Everyone knows how annoying it is to get a pebble in your shoe. You have to take the shoe off, shake it upside down, then put it back on so that it will feel—the same? What gives? If you feel like your sock is wadded up when it's not, or you're walking on a pebble but there's not one there, don't worry—you haven't lost your mind! You are likely experiencing a condition called Morton's neuroma—a thickening or inflammation around one of the nerves in the ball of your foot. This most often occurs between your third and fourth toes as a result of your toes being squished together—beware high heel wearers of the world!

Besides the odd sensation that something is in your shoe, the condition can also cause a burning sensation, tingling, numbness, and pain. A switch in footwear with plenty of wiggle room for your toes can help, along with rest, ice, and anti-inflammatory medication. Orthotic shoe inserts may be beneficial as well. Another remedy? Massage. Sounds like a little pampering is in order!

If none of these tactics seem to help, there are injections and surgical procedures that can be considered. If you can't shake the problem, stop trying to shake out your shoes and come see us—we'll determine the treatment that's best for you.



## St. Patty's Day *Fun Facts*

The very first St. Patrick's Day parade was in Boston, not in Ireland, in 1737.

In Chicago, the rivers are dyed green on St. Patrick's Day.

The shamrock was considered sacred in the olden days of Ireland.

McDonald's first served their popular Shamrock Shake in 1970.

In traditional Irish folk tales, there are no female leprechauns.

The original color associated with St. Patrick was blue, not green!

## Dr. Powers Foot & Ankle

1791 West 3rd St.  
Bloomington, IN 47403  
(812) 333-4422

IU Bedford Hospital  
Bedford, IN  
(812) 277-1000

[www.BloomingtonPodiatrist.com](http://www.BloomingtonPodiatrist.com)

## The Ins & Outs of Indoor & Outdoor Walking



[See page one.](#)

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

# What You Eat Affects Your Feet

It's National Nutrition Month, the perfect time to think about your feet... That's right, your feet! Yes, typically you might associate diet with maintaining a healthy weight and heart, but what you eat can actually have an effect on your foot health as well. Certain foods can increase chemicals in your body that cause tissue inflammation. You'd be surprised at how foot pain from achy joints and inflamed tendons and ligaments can be significantly reduced simply by steering clear of foods high in sugar and saturated fats, as well as processed meats and refined grains. Instead, choose fruits, veggies, and foods rich in Omega 3 fats like salmon. Green tea and vitamin C are known to have anti-inflammatory properties, too.

A well-balanced, nutritional diet can also help to protect you from conditions like diabetes, circulatory problems, and obesity which puts a lot of added stress on your feet.

In addition, zinc deficiency is associated with foot odor, so if you want to stop the stink, make sure to eat plenty of garlic, sesame seeds, spinach, or—and we know this might be rough—dark chocolate!

Remember: good foot health starts with good eating habits! So celebrate National Nutrition Month by putting your best foot forward (pun intended!). Find out more from our expert staff.

