

Foot Notes

Brought to you by Dr. Powers

News and Updates **May 2017**



Will the Real Cause of Bunions Please Stand Up!

Newsflash: Bunions are not caused by shoes! However, before you squeeze your feet into those pointy pumps, know this – while your footwear is not necessarily behind the bony bump, it can certainly add to the problem!

Most bunions form due to an unfortunate inherited foot structure that causes you to be prone to the painful bony bulge. Wearing shoes that press on the big toe joint or squish toes together can aid in forcing the already vulnerable joint out of alignment, making the bone protrude. The more shoes continue to put pressure on and aggravate the area, the worse your bunion gets and the more pain it causes. Stop the madness!

While a bunion is a condition that worsens over time, you can ease painful symptoms and slow the progression by choosing shoes with wide toe boxes and low heels. There are also toe splints you can wear and stretches you can do to help hold the toe in proper position. In addition, orthotic shoe inserts can help to avert pressure from shoes, as well as correct the foot structure that is causing you to be at risk in the first place.

So, there you have it – the truth is out! Shoes do not cause bunions, but they sure can make them worse! Don't let that happen to you. Make good footwear choices, especially if bunions run in your family, and you should be able to enjoy a bunion, pain-free life!

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



What Wear Patterns on Your Shoes Say About You

Did you know your footwear can actually share secrets about you? That's right, we can find out a lot by just looking at the wear patterns on your shoes! Mainly, they can tell us if you have structural or biomechanical abnormalities that should be addressed in order to relieve pain and prevent injury.

Even wear across the heel and ball of the foot indicates that your gait is normal and you have an even stride that will likely cause you no problems.

However, if one shoe is more worn than the other, this is a sign of leg length discrepancy.

If the outer edge of the sole is more worn than the inner edge, a high arch could be inhibiting your ability to absorb shock and affecting your gait, putting you at risk for injury.

Conversely, if the inner edge is more worn than the outer, flat feet could be causing you to overpronate which can lead to alignment issues, pain, and injury as well.

The good news is, no matter what your wear patterns tell us, custom orthotics can provide the adjustments needed to straighten your gait, correct the position of your foot, provide support, and protect you from problems.

So, next time you have an appointment, make sure you bring your favorite footwear along – it will help us get to know you and your needs!

Mark Your Calendars

- May 3** Lumpy Rug Day – Flatten 'em out so you don't fall!
- May 6** Beverage Day – Pour yourself a cool one.
- May 10** Clean Up Your Room Day – Give it the white glove test.
- May 13** Frog Jumping Day – Sounds like good exercise.
- May 14** Mother's Day – Celebrate moms everywhere!
- May 20** Pick Strawberries Day – Can you pick more than you eat?
- May 29** Memorial Day – Relax and remember.



Memphis Slaw



Ingredients

- 1/2 cup granular Splenda or equivalent liquid Splenda
- 1 teaspoon yellow mustard
- 1/4 cup white vinegar
- 2 tablespoons sugar free sweet pickle juice *
- 1/4 teaspoon salt
- 1 small cabbage, shredded, about 25 ounces
- 1 ounce sugar free sweet pickles, chopped, 1/4 cup

Instructions

Mix the first 5 ingredients. Combine with the remaining ingredients and chill at least 1 hour, stirring occasionally to make sure that the slaw is coated with the dressing.

Makes 8 servings. Do not freeze



"Your serves are great. Ground strokes, superb. It's your foot faults that are killing you."

* I used Mt. Olive bread and butter pickles and juice.

With granular Splenda:
Per Serving: 30 Calories;
trace Fat; 1g Protein; 7g
Carbohydrate; 2g Dietary Fiber;
5g Net Carbs

With liquid Splenda:
Per Serving: 24 Calories;
trace Fat; 1g Protein; 5g
Carbohydrate; 2g Dietary Fiber;
3g Net Carbs

Source:
www.genaw.com/lowcarb/memphis_slaw.html

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Catch Some ZZZZ's

It's Better Sleep Month, so here are some helpful hints to hit the hay and stay that way (at least until that pesky alarm goes off)!

Develop a routine. Try to go to bed close to the same time every night.

Get moving. Daily exercise will help you have less stress and be more tired!

Watch what you eat. Stay away from caffeinated items in the late afternoon and evening, as well as heavy or spicy foods that can come back to haunt you!

Banish bad habits. Refrain from smoking or drinking alcohol. They can interfere with sleep patterns.

Unplug. Turn off all electronics about an hour before bedtime, including TVs, computers, phones, and tablets, all of which cause too much stimulation for your brain.

Manage stress. Avoid stressful situations and use calming techniques so you can rest easy.

Get comfy. Keep your bedroom at a comfortable temperature, close the shades, fluff your pillows – whatever you've got to do to make it the perfect sleeping environment for you.

Limit naps. The idea is, the less you sleep during the day, the more you'll sleep at night!

Sweet dreams!

