

Foot Notes

Brought to you by Dr. Powers

News and Updates **June 2017**



Keep Kids' Feet Healthy All Summer 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

School's out and you know what that means? The kids are home – all day, every day, for three whole months! It's that time of year for popsicles, swimming, and playing 'til dark, which just so happens to be the perfect time of year to schedule your children's podiatry visits, too! After all, you no longer have to worry about working around school hours and it gets the kids out of your hair, at least for a little while! Break up the whining and declarations of boredom by bringing your kids in to see us so we can ensure their feet stay healthy and safe, all summer long and throughout the year. In the meantime, keep these safety tips in mind:

- Have kids wash their feet every day, keeping them clean and dry.
- Ban going barefoot. Protecting feet in shoes helps avoid injuries, fungal infections, warts, and more.
- Make sure shoes fit and offer plenty of support and cushion. Tight shoes can cause problems like ingrown toenails and aggravated bunions.
- If kids do stub a toe or get a blister, make sure to keep the area clean and covered with a bandage.
- A complaining child in the summer is nothing new, but if its foot pain being complained about, make sure you contact us for help.

Good luck, and remember -- we're here if you need us! See you for a kids' checkup soon.



How to Lace Shoes to Accommodate Your Feet

Whether your feet are narrow, your arch is high, or your heel tends to slip, did you know the solution could lie in the way you're lacing up? Here are some tricks to tying shoes that will help address common issues:

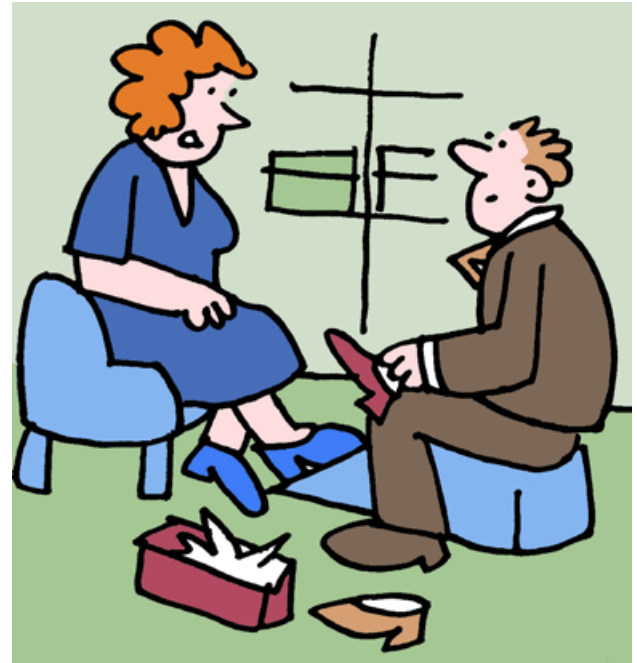
Tight on Top: lacing parallel will loosen up the fit and reduce pressure placed on top of the foot. This also works great for wide feet.

Arch Issues: crisscross laces down by your toes, then thread the laces up the eyelets in the middle skipping the zig zags there; tie them off as usual up at the top.

Heel Sliders: simply pull your laces tighter up by the ankle. Many running shoes even offer extra eyelets up top for just such an occasion.

Narrow Feet: use the widest eyelets only – the opposite is true if feet are wide.

There you have it – now, let the lacing begin!



"Do you have a pair that's small on the outside and large on the inside?"

Mark Your Calendars



- June 2** National Donut Day – breakfast, anyone?
- June 6** National Yo-Yo Day – it'll have its ups and downs
- June 8** Best Friends Day – have some fun with your BFF
- June 18** Father's Day – thanks for all you do, Dad!
- June 21** National Selfie Day – say cheese
- June 27** Sunglasses Day – hope it's not cloudy



Capsulitis Culprits

It's National Gardening Month, but if the only thing you've got growing is pain in the balls of your feet and toes, well you probably don't feel much like celebrating! Gardening is an activity that puts a lot of stress on your capsular ligaments which are responsible for supporting your joints – a pretty big job! When you stoop down to dig or plant, these ligaments get quite a workout trying to support your body weight on excessively bent toes. As a result, they can become aggravated and inflamed – a condition known as capsulitis.

Of course, gardening isn't the only culprit. Any activity that puts similar stress on your feet can cause the condition: climbing, running, even walking barefoot, or wearing high heels or non-supportive shoes like ballerina slippers and flip flops. Sometimes foot structure can come into play as well and make you more susceptible to the problem. The good news is that conservative care is often all it takes to feel better. A break from the triggering activity, anti-inflammatory medicine, comfy shoes with padding and orthotics can all do the trick.

So, that's the dirt on capsulitis. Hope it helps you stop it from sprouting up!



Breathe in the Benefits of Fresh Air!

In honor of National Great Outdoors Month, let's leave our air-conditioned homes, offices, and cars and head outside to get some fresh air! You'd be amazed at the benefits breathing in the outdoors can have on your health. Check out this list of what inhaling a little fresh air can do:

- Boost your immune system
- Reduce stress
- Increase happiness
- Give you an energy lift
- Improve your blood pressure and heart rate
- Sharpen your mind and help you think clearly
- Clean your lungs of toxins

Wow! We don't know about you, but we feel better already. It's just one more reason to head out the door and have some outside fun. Breathe deeply, and enjoy!

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Are High Arches Hindering You?

The structure of your foot can sometimes lead to problems, like when the arch of your foot is higher than usual. This can place an excessive amount of stress on the ball of your foot and heel where you end up bearing all of your weight. It can also mess with your biomechanics, and even cause hammertoes, instability, and injury. So what's a high-arched person to do? Well, while you're pretty much stuck with your foot structure, you're not stuck having to live with pain and other symptoms. You can side step most issues by simply choosing footwear that accommodates your arch type, and sliding orthotics inside your shoes to provide additional support, distribute weight more evenly, and help keep your foot in proper alignment. Take that you high arches, you!

If you struggle with problems associated with high arches, ask our helpful staff for more information, or make an appointment so we can discuss the best course of action for you.

