

Foot Notes

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News and Updates

August 2015



Bunionettes: Sure, They Sound Cute, but They Can Be Painful!

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

Bunionettes might sound like a cute group of back-up singers or animated friends, but don't let the name fool you! These close relatives of the bunion can pack a powerful and painful punch. They form on the outside of your foot at the base of the pinkie toe due to friction and pressure. This is often the result of shoes that are too tight. The bothersome bony protrusions yield similar symptoms as those stemming from the more well-known big toe bunion.

Redness, swelling, tenderness, and pain can accompany the problem, and it can be easily aggravated and worsened by shoes that rub and irritate the area. Calluses often develop and the condition can become as unsightly as it is uncomfortable. Ignored, bunionettes can make even walking unbearable. Luckily there are ways to ease the discomfort and slow the progression. Anti-inflammatory medication and ice can minimize pain in the affected joint. Wearing comfy shoes that fit properly will eliminate stress placed upon the area as well. There are special pads you can put over the bump for added cushion and protection, and splints or spacers keep the toes in correct alignment and the joint from jutting outward.

Look for footwear that offers plenty of wiggle room for your toes, and avoid narrow, pointy, high heels as much as possible.

There's nothing cute about bunionette pain—keep discomfort to a minimum with these and other tips found on our webpage. With our help, you can bid goodbye to these baby toe bumps with their adult-sized symptoms, and get back to your pain-free days.

Vegetable Curry

With fresh summer vegetables plentiful, consider this healthy delicious recipe.

Ingredients

- 1 eggplant, cut into cubes
- 2 bell peppers, seeded and cut into cubes
- 1 large zucchini, chopped
- 1 onion, thinly sliced
- 1 tbsp. maple syrup (optional)
- 2 tsp. curry powder
- 2 tbsp. olive oil
- Sea salt and freshly ground black pepper

Instructions

- Preheat your oven to 375 F.
- In a bowl, whisk together the olive oil, maple syrup (if using), and the curry powder.
- Spread all the vegetables on a baking sheet.
- Drizzle the curry oil over the vegetables, season to taste, and toss until everything is well coated.
- Bake for 15 to 20 minutes.



Courtesy: Paleo Leap <http://paleoleap.com/vegetable-curry/>



I'm so amazed at how wonderful I felt after post surgery. I was expecting a lot of pain, but that never happened! Even the next morning when I woke up still no pain, I just couldn't believe it, I could walk, sit, stand for the first time like normal even walking up stairs was simple. I'm so very grateful to Dr. Powers for solving my problem of years of pain. Thank you Dr. Powers God Bless"
– Teresa Crews



Is There Really Such a Thing as?



School sports will be in full swing soon and young athletes everywhere will be hitting the courts, fields, pitches, and courses. If your active child is complaining of heel pain, however, he or she may feel like hitting the

showers instead. One of the most common reasons for a child to be sidelined with heel pain is a condition called Sever's disease—most prominent in active kids who just happen to be going through a growth spurt.

Yes, growing pains are for real!

In this case, the heel bone grows faster than its surrounding muscles and tendons, causing them to be pulled tight, and placing excessive stress on the heel's growth plate. A tight Achilles tendon can especially aggravate the problem and cause the tenderness, swelling, and pain of Sever's disease. Most often this occurs in growing girls between the ages of 8 and 13 and boys between 10 and 15. Physical activities played on hard surfaces and which involve lots of running and jumping add to the stress of the situation, increasing symptoms, including pain on either side and the back of the heel, stiffness, inflammation, and difficulty walking—much less running and jumping!

The problem eventually goes away once your child is done growing and the growth plate hardens into mature bone. While this process can definitely take some time, there are things you can do to help ease discomfort along the way. First and foremost, make sure your child's shoes fit and are appropriate for the sport in which he or she is participating. Replacing high-impact activities with low impact ones—like swimming and biking—will help recovery without having to slow your child down! Elevating the feet, icing the area, and taking recommended anti-inflammatory medication can all go a long way toward reducing pain. You might also want to try a compression stocking or elastic bandage to keep swelling to a minimum. Heel pads and orthotic shoe inserts can be a big help as well.

Find out more about Sever's disease and how we can help keep your child's feet happy and healthy as they grow. Just ask our expert staff.



Secrets to Successful School Fundraisers

The key to school fundraisers that really work is being creative. Think of ideas that will bring in family and community support. Involve students and teachers as well as local businesses. Most importantly, remember to keep the "fun" in "fundraiser"! Here are a few ideas for a start:

- Hold a carnival
- Raffle off teachers to do yard work, play for a day, or help with charitable projects
- Organize an auction with donations from local businesses
- Collect cans and recyclables
- Set up a school garage sale
- (Fill in the blank) a-thon, whether it's dancing, reading, running, or walking!
- Have a movie night or talent show
- Create a discount card for local businesses
- Hold a bake sale or think up seasonal sales like pumpkins, wreaths, flower bulbs, etc.
- Who doesn't love a good old fashioned cake walk?
- Get Fido involved—hold a doggy social day
- (Your idea goes here!)

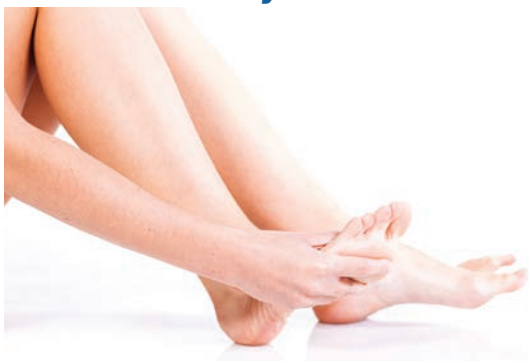
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Try the Hot Yoga Trend!

You've probably heard about the latest fitness craze hitting the nation—let's face it, hot yoga is a hot topic! How does it differ from other forms of this popular posing and stretching exercise? Well first of all it's performed in a hot and steamy studio—we're talking 105 degrees, with 40% humidity! Now you might wonder why in the world you would want to exercise in such severe conditions, but the fact of the matter is, the heat contributes to raising your heart rate and exhausting your muscles. In other words, it intensifies the workout! In fact, you can achieve the same amount of cardio holding a pose on a mat as you could running a mile.

Also known as Bikram yoga, a typical program covers 26 poses in 90 minutes. This vigorous series of intense postures is designed to engage all major muscle groups, increasing flexibility and strength. The hot and humid air forces you to breathe deeply—a key component to yoga of any kind. It also makes you sweat, detoxifying your entire body. Best of all, it's an awesome alternative therapy to heal injuries and prevent them in the future.

There are hot yoga studios popping up everywhere, so if health issues are not a concern, go ahead and give it a try. Of course you should always check with experts like us before you launch into a new routine. You should also drink plenty of water to stay hydrated, and stop if you feel at all dizzy or sick.

Remember hot yoga is super cool, but it's not for everyone!

