

# Foot Notes

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News and Updates

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## Fall is The Perfect Time to Talk Fall Prevention

### 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

There's nothing like a stroll in the park on a beautiful fall day, with the crisp air and all the colors, but be careful—as we grow older, our risk of falling grows as well and that can seriously impact your health and independence. Now that doesn't mean you should forego your walk completely—on the contrary, exercise keeps your muscles strong which reduces your risk of falling. Just be mindful of where you're walking. There may be roots on the trail hidden by slippery, wet leaves. Choose a course that is clear of such obstacles, or try yoga or Tai Chi which can improve balance along with building strength. Here are some other fall prevention tips to keep in mind:

**Know your medications.** Some medications, alone or combined with others, can have side effects of drowsiness or dizziness, which can clearly make falling more likely.

**Keep a clear view.** Be sure to have your vision checked every year to keep your prescription up to date.

**Eliminate home hazards.** Make sure your house is clear of clutter and other tripping hazards like loose throw rugs, cords, or shoes. You can use double sided tape to secure rugs if you don't wish to remove them or opt for non-slip floor mats. In addition, good lighting is very important. Be sure to use bright light bulbs as well as nightlights. It's also a good idea to keep items you use often in low cabinets to avoid needing a step stool. Finally, install handrails in hallways, staircases, and bathrooms.

Follow these tips and you'll not only improve your chances of staying on your feet, but you'll be much more likely to stay healthy and active, too!



# Low Carb Cauliflower Macaroni and Cheese

## Ingredients

- 5 cups cauliflower florets
- Sea salt and pepper to taste
- 1 cup coconut milk, canned
- 1/2 cup homemade broth
- 2 tbsp coconut flour, sifted
- 1 soy free organic egg, beaten
- 2 cups grass-fed cheddar cheese/raw cheese

## Instructions

- Preheat the oven to 350.
- Salt the cauliflower then steam it until al dente.
- Then place the florets in a greased baking dish.
- In a skillet heat up the coconut milk with a pinch of salt and pepper over medium heat.
- Add the broth and keep stirring.
- Add the coconut flour to the mixture and let the sauce bubble.
- Remove the sauce from heat then whisk in the egg.
- The sauce should thicken and then pour it over the cauliflower.
- Add the cheese evenly then bake for 35-40 minutes.
- Turn the oven to broil for 3-5 minutes to get a nice color on top.



Courtesy: Grass Fed Girl; <http://www.grassfedgirl.com/primal-gaps-low-carb-cauliflower-mac-and-cheese/>

# I Want my Mummy! How to Wrap a Sprained Ankle

If you sprain your ankle, you might yell out “I want my mummy!” which is actually a good call! Compression is key for helping a sprained ankle heal, and that means wrapping a bandage round and round like the mummy costumes you see out trick-or-treating. You need to know how to wrap the injured ankle correctly though, so here are the steps you should take:

1. Grab a roll of 4-inch wide wrap and sit with your leg supported and foot at a 90-degree angle to the ground.
2. Start by laying the wrap across the top of your foot just below your toes. Hold it there as you wrap it around the ball of your foot and back over the first layer to keep it in place.
3. Now pull the wrap on a diagonal across the top of your foot then under the arch, looping it around in the fashion of a figure eight, covering each previous wrap about half way.
4. Continue to do this until your entire foot—including your heel and around your ankle bone—is covered.
5. Finish with at least 3 inches above the ankle bone then secure the end of the wrap with athletic tape.



It's important to make sure the wrap is not too tight. If your toes turn blue or become cold or numb, you'll need to loosen it up. A good trick is if you can comfortably insert your finger underneath it, you've passed the mummy wrapping test!

Ask our staff if you want to learn more—they'd be happy to treat you to more tips.



# Curing Corn Confusion

When autumn sets in, many farmers turn their corn fields into mazes for those seeking some fall fun. If you have the kind of corn found on your feet, however, figuring out the way to go about treating it can be as confusing as following one of those mazes—and that's not fun at all!



Understanding how these thick, hardened layers of skin form is the first step. The culprit is friction and pressure, usually as a result of ill-fitting footwear. In most cases, simply eliminating these factors eliminates the corn. Your best bet? Go shoe shopping! Be

sure to choose a pair with a spacious toe box. This is important because unlike calluses that typically form on weight-bearing areas such as the soles of your feet, corns tend to painfully pop up on the sides or tops of toes, and even in between.

If switching footwear is not enough relief, you might want to try pads for an additional layer of protection. There are also topical medications that can help to remove built up layers, and sometimes soaking your feet and using moisturizers can help soften the hardened patches. For stubborn cases, we can pare down or trim the thickened skin, but never try to do this yourself—especially if you have diabetes—since you risk incurring lacerations and opening the door for infection. One final tip? Make sure your socks fit well and are as comfortable as your shoes.

Before you know it, your feet will be feeling great and ready for fall fun after all!

# Safe Halloween Habits



We want your little ghosts and goblins to stay safe this Halloween, so here are some trick-or-treat safety tips to enjoy the holiday:

-  Young trick-or-treaters should always be accompanied by an adult. Even when kids are older, they should never go alone and always stay in a group.
-  Plan a route that is well-lit and in an area that is familiar. No cutting through dark fields or alleys!
-  Have kids carry a flashlight or wear something reflective. They should also have a cell phone.
-  Instruct children not to eat any candy until they get home where you can get a good look at it in the light!
-  Make sure your children are aware they should never enter a home or car of a stranger.
-  Stick to the set time for trick-or-treating and make sure older kids adhere to a curfew.

Keep these guidelines in mind for a happy Halloween!



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# Success with Orthotics to Stop Foot and Leg Pain



I was feeling really desperate to walk normally again after breaking my foot two years ago. I was having knee and hip pain. Dr. Powers fitted me with orthotics and they made a world of difference. My stride has greatly improved. My pain from poor walking stride and posture are a thing of the past. I am

looking forward to resuming activities, such as hiking, that I thought I would have to give up. Orthotics have made a huge difference for me!

Thanks , Dr. Kevin Powers"



– Catherine Bullington