

Foot Notes

Brought to you by Dr. Powers

News and Updates **March 2018**



Keeping Your Feet Happy at Work

Whether you sit at a desk, serve others all day on your feet, or traverse sites in steel-toed boots, your feet might stand to receive better treatment. Work is often a big enough part of the day as it is; don't neglect your foot care until you get home!

Here are some tips for keeping your feet happier at work:

- **Make sure you're wearing the right shoes.** Whether simple flats or boots, make sure they fit properly and provide good arch support to reduce fatigue and soreness. If your shoes aren't doing the trick, insoles or orthotics can help.
- **Stretch regularly.** You might think a desk job leaves little worries for your feet, but long periods of motionlessness can create circulation problems over time. Take time every hour or so to get up, move your feet, and even perform stretches such as heel raises.
- **Adjust your flooring (if possible).** Standing on hard surfaces for long hours can lead to pain. If you can, opt to stand on a softer mat instead.
- **Do some desk massages.** This is safer for work than it sounds. Take a tennis ball or baseball and roll it beneath your feet under your desk. This can help stretch foot muscles and keep circulation flowing, just like getting up and stretching (but don't use either as a substitute for the other!).

If you have persistent foot or ankle pain at work, and nothing seems to be helping, we can help you find the changes and treatments you need for relief. Work may keep you on your feet, but it doesn't have to hurt them!

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



Causes of Ball of Foot Pain

It's not in your toes, and it's not in your heel. It's that space just in front of your arch! What's going on when that part of the foot is feeling pain?

There is a general term for pain in the ball of the foot: metatarsalgia. We don't blame you if you don't use the word; it's kind of a mouthful. Metatarsalgia refers to the metatarsals, the bones that connect the bases of your toes to the center of the foot. Their job is to help distribute your weight evenly over your foot when you stand, walk, or run.

Pain in the ball of the foot can range from a dull ache to a burning or sharp, shooting sensation. In many cases, the cause is some kind of injury or abnormality affecting the metatarsals. These can include:

- A bone abnormality, usually caused by genetics, arthritis, or injury. A very common example is having an overly long metatarsal.
- High arches or flat feet, which can both add abnormal pressure to the metatarsals. (Hammertoes might also do this.)
- The protective fatty pad on the ball of your foot thinning out or shifting over time, providing less protection against impacts.

Whatever the cause of your ball of foot pain may be, don't just let it linger! Conservative treatments can often provide the pain relief you need, and more advanced treatments are also available if necessary. Stay on the ball with your foot health by letting us know of any pains or problems you might have!



Mark Your Calendars

- March 3** National Day the Music Died – Bye, bye, Miss American Pie...
- March 9** National Pizza Day – What's Your Favorite Topping?
- March 11** National Make a Friend Day – Be a Good Neighbor!
- March 15** Singles Awareness Day – Be Proud and Independent!
- March 18** National Battery Day – Check Your Smoke Alarms!
- March 23** National Banana Bread Day – Add a Bit of Butter.
- March 26** National Tell a Fairy Tale Day – "Once Upon a Time..."
- March 28** National Public Sleeping Day – We... Advise Against this One.



When is it Safe to Give Juice to Your Baby?

There is plenty of trepidation and debate over when the best times are for introducing new things to your baby. Juice used to be a staple because hey, it's natural(-ish) and mostly water, right?

Nowadays, we know a bit better. While you might see a big old Vitamin C sticker on juice labels, most tend to provide a lot of sugar and not much fiber, making them nutritionally poor for little ones.

According to pediatrician Kimberly Churbock at the Cleveland Clinic, juice should be highly limited or avoided altogether for children less than 1 year old. The limits reach 4 ounces for children ages 1-3, 4-6 ounces for children 4-6, and one cup for children ages 7-18. The best juices are 100% fresh pasteurized or reconstituted.

In cases such as these, it is always best to consult with your pediatrician if you have any questions about what foods and drinks would be best for your child, and in what amounts.



Roast Potatoes with Lemons

Potatoes tend to be one of the more family-friendly consumables associated with St. Patrick's Day. Have you ever considered providing a lemony kick to them?

Ingredients

- 1.5 lbs. fingerling or small Yukon Gold potatoes
- 1 lemon
- 2 cloves garlic
- 3 tbsp. thyme
- $\frac{3}{4}$ c. olive oil
- $\frac{3}{4}$ tsp. sea salt
- $\frac{1}{4}$ tsp. freshly ground pepper

Directions

Preheat the oven to 450 degrees. Cut potatoes into halves or quarters after cleaning them.

Cut the lemon into quarters lengthwise, removing seeds. Cut each quarter into half crosswise, then squeeze the juice onto the potatoes. Add the juiced pieces to a bowl.

Add the remainder of the ingredients and toss thoroughly.

Spread the mixture over the bottom of a large roasting pan and place in the oven for about 30 minutes. Make sure to turn the potatoes to keep them evenly browned.

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What to Do For an Ingrown Toenail

An ingrown toenail is one of those little misfortunes in life that seems nearly inevitable for everyone, like running out of gas or getting a stain on your shirt during a date.

In many cases, an ingrown toenail needs little treatment for recovery. That's not to say you shouldn't come to see us if you have one, especially if it is very painful, red, or swollen. That may be a sign of an infection and need special care! If your ingrown toenail is constantly coming back, it might also need advanced treatment as well.

Otherwise, you might want to consider trying a home treatment for your ingrown nail:

- Soak the affected foot in warm water for 15-20 minutes, 3-4 times per day. This will help relieve pain and soften the skin.
- After each soak, place a string of waxed dental floss beneath the ingrown edge to help guide its growth out.
- Apply antibiotic ointment to the toe and bandage it.

As your nail heals, try to avoid tight or closed-toe shoes as much as possible to place less pressure on the toe. If you don't see improvement within a few days, or if things begin to feel worse, please contact us!