

FOOTNOTES 2006

NEWS YOU CAN USE FOR SUMMER 2006

The Bare Foot Facts

It's summer! Time to kick off your shoes, walk in the grass, or stroll across sandy beaches! But there are a few things to keep in mind before you go barefoot.

Two of the most common injuries caused by going barefoot are cuts and puncture wounds. Grass, sand, and other surfaces can camouflage sharp objects such as broken glass, nails, and sea shells. Protect your feet by wearing shoes! However, if you do get a cut or puncture wound from going barefoot, remember this: Medical treatment within the first 24 hours is important in order to avoid serious infection or other complications. Make an appointment with our office for a thorough cleaning and careful follow-up.

You wouldn't grab a pot of boiling water with your bare hands, right? The summer sun can heat surfaces like sidewalks, asphalt, and sand to triple-digit temperatures, and potentially cause third-degree burns on the soles of your bare feet. Try not to walk barefoot on these surfaces to keep your feet safe!

Do you stop at the ankles when applying sunscreen? Keep going! Feet can get sunburn too. Apply sunscreen to the tops and bottoms of your feet!

Sports like sand volleyball cry out for bare feet. Who wants sand in their shoes? However, walking, jogging and playing sports in bare feet on soft, uneven surfaces like sand frequently leads to arch pain, heel pain, ankle sprains and other injuries. Athletic shoes provide heel cushioning and arch support. If you do hurt your feet or ankles, you can reduce pain and swelling by resting, applying ice and pressure to the injured area, and elevating the foot. If pain and swelling persist after a few days, contact our office for a thorough evaluation.

Plantar warts, caused by a virus, and fungal infections such as Athlete's Foot can be painful and annoying. Although it's difficult to protect your feet from being in contact with the virus and fungus when at the pool or in a locker room, proper hygiene will help to prevent them from causing problems. Thoroughly wash feet with antimicrobial soap after a day at the pool, and then dry them completely,



especially in between the toes.

Finally, if you – or friends or family members – have diabetes, know that going bare foot is a bad idea! The disease causes poor blood circulation and numbness in the feet. A diabetic may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. Diabetics should always wear shoes, and remove them regularly to check for foreign objects like pebbles and sand that can cause sores, ulcers and infections.

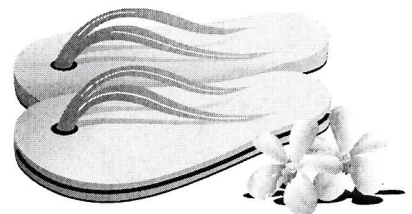
Beach Safety Tips

- Just because a jellyfish is washed up on the shore doesn't mean its tentacles can't sting you. Try not to step on them! Most jellyfish stings heal within days, but if they don't, call our office.
- If you get a cut or puncture wound at the beach, do not go in the water.

Bacteria in oceans and lakes can cause infections.

- Flip-flops are inexpensive and acceptable for short walks, like from the car to the water, but they're no replacement for shoes. Flip-flops lack heel cushioning and arch support and can cause plantar

fasciitis, or heel pain.



Tailor's Bunion— That Big Pain in Your Little Toe

Is your little toe a major pain? If so, you may have a tailor's bunion, which is similar to a bunion on your big toe, but not as common. Tailor's bunion is an enlargement at the end of the little toe's metatarsal bone—the long bone leading from your foot to each toe. This condition is usually caused by an inherited faulty mechanical structure of the foot—so if your parents had tailor's bunions, you may get them, too.

Tailor's bunion got its name centuries ago, when tailors sat cross-legged all day with the outsides of their feet rubbing the ground, causing a painful bump at the base of their little toe. Today, the symptoms of tailor's bunions are usually caused when shoes rub against the enlarged bone, irritating the soft tissues beneath it, causing inflammation.

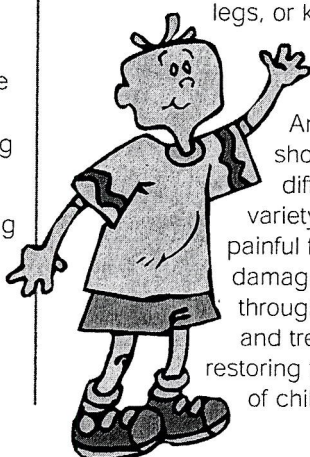
If you have a tailor's bunion, you will notice redness, swelling and pain at the site of the bump. We can treat it with shoe modifications, oral medication, injection therapy, padding, or icing.

There's no need to live with the pain. If you have tailor's bunion, schedule an appointment with our office today.

Do Kid's Flat Feet Need Treatment?

Young children's feet often appear to be flat, and parents wonder whether this should be of concern or whether they will "grow out of it."

Most children with flat feet have no symptoms. However, sometimes they may have trouble participating in physical activities and sports, or appear to walk and run awkwardly. They may also complain of pain or cramping in their feet, legs, or knees. Sometimes parents say that these are just "growing pains." But growing should never hurt!



Any pain or difficulty with a child's feet should be evaluated. There are several different types of pediatric flatfoot, and a variety of treatments are available. Ignoring painful flatfoot in a child can result in lasting damage that will continue to cause problems throughout his or her life. Early diagnosis and treatment will go a long way toward restoring the ability to fully enjoy the activities of childhood.

Dr. Judge has a unique practice that specializes in complex deformities, chronic pain, the complications of diabetes, sports medicine & related trauma as well as second opinion surgical consultations. She is the first female in Ohio to complete a three-year surgical residency program. Her residency and fellowship training emphasized major reconstructive surgery for the leg, foot and ankle. She is board-certified in reconstructive rear foot and ankle surgery with offices in Ohio and Michigan. Dr. Judge is a Fellow of the American College of Foot and Ankle Surgeons and serves as the Official Foot and Ankle Physician for The Jamie Farr Owens Corning LPGA Classic.