

Transitioning From Winter Fuzzies To “Springy” Shoe Gear

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Everyone looks forward to transitioning from the cold gray winter months to the brightness and sunshine of Mother Nature's loveliest, the Easter season. Naturally, getting our mind, body and soul into their best condition is key to enjoying it.

Winter boots and those fluffy warm slippers have their place, but let's face it, Spring and Summer are knocking at the door. That means not only a change in clothing, but that “brand new you” that you promise yourself each year. Yes, you deserve those new clothes and updated styles for your fun in the sun. But first you have to shift gears and get revved up to increase your activities and exercise so you can transform that “winter wool” into summer sharp and sleek.

Yes, you are ready for that sharp and sleek look that makes you the best version of yourself for the warmer months. Get out there and be active, healthy and lively. Being fit for life takes a lot of hard work. But there are some practical things that can get you off to a really good start.

First, make sure you have comfortable, well fitted supportive shoes. If you have noticed that over the years it is more difficult to get comfortable shoes that fit well, perhaps your feet have changed. Often patients will say, “I have always worn a size 8 shoe and now I wear 9 or 9.5.”

Well, ladies and gentleman do not chalk this up to aging. Most commonly, this change in shoe size happens because of a fallen arch. As the arch tendon loses strength, the foot loses its natural arch. That arch flattening elongates the foot, which changes your shoe size. This often comes with additional annoying problems, such as bunions and hammertoes. With bunions and hammertoes comes the risk of irritation and even ulcers. What's an ulcer? Well, that is when simple skin irritation progresses to skin breakdown.

If you think your foot has changed in size or shape, just stop in and see Dr. Judge. With an accurate diagnosis you will have the explanation

for the changes you're noticing and, most often, simple solutions to them.

Skin Care For Your Feet

Potent Emollients and sun screen can make a difference. Use skin protectants to prevent calluses and cracked skin in the heels. Silicone pads, ultra thin silicone films and silicone socks can all provide skin care and protection. Silicone is used to treat thickened and irritated scars because it has an emollient and healing effect on skin.

Deformity Identification

It is very well known that lumps and bumps in the foot and ankle are due to bone prominences that accompany foot deformities. This often leads to skin irritation and even ulcerative conditions. An ulcer is an open door to infection exposing tissue, muscle, bone and joint to bacteria. The simple fact is that an ulcer

must be prevented at all costs. Even though the most superficial layer of skin has 16 layers, the rubbing and pressure of shoe gear and weight bearing activities can lead to early ulcer development.

When you don't have normal feeling in your feet (neuropathy from any cause) this puts you at greater risk for ulceration and infection. Ask your podiatrist whether or not your foot deformity puts you at risk for ulceration. Most often there are simple conservative things that you can do to reduce, if not eliminate, the risk of ulceration.

Spring into improved health by putting your best foot forward!

For further information to improve the health of your legs, ankles and feet contact Dr. Molly Judge for a formal consultation at MollyJudge.com or call 419-732-2618.

Dr. Judge treats chronic pain and complex foot and ankle deformity. A focus on conservative treatment is always first. When surgery is needed this is her specialty.

Your best is yet to come!

