

# Southern Ohio Foot and Ankle Associates

1130 Western Avenue  
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1235 South Court Street  
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## Holiday Foot Health Do's and Don'ts

### Holiday Foot Health Do's:

Do wear comfortable footwear suitable for hours of walking. Wear shoes made of leather or canvas that provide cushioning and support. If you must wear heels, keep the height under an inch.

Do take frequent breaks. Stop by the food court for a bottled water and put your feet up.

Do reward yourself with a foot soak when you get home.

If you experience foot pain, do follow the "RICE" method —

Rest, Ice, Compression and Elevation.

### Holiday Foot Health Don'ts:

Don't suffer in silence. Heel spur pain that persists for six months or more may require surgical treatment. Invasive surgery, which involves cutting all or a portion of the fascia, is painful and requires six to 12 months before a full recovery. The procedure may also contribute to long-term negative effects such as foot lengthening, leg strain or stress fractures. Consider a noninvasive procedure like ESWT (Extra Corporeal Shockwave Therapy), which uses shockwave technology to treat chronic orthopedic conditions. The treatment is FDA approved, highly effective and minimizes pain and recovery time for conditions such as heel spur pain and tennis elbow.

Don't forget first aid. If you tend to develop blisters, prepare a first aid kit that includes gauze and antiseptic and leave it in your car.

Don't forget your socks. If you will be standing outside in the cold for long periods, consider wearing two pairs. Wear cotton-based socks to absorb moisture and keep your feet dry.

Don't forget to stretch. After a long punishing day on your feet, flex your toes. Remember to use slow controlled movements. Don't bounce! And most important, don't forget to see your primary care physician or podiatrist. Only trained professionals can diagnose and treat medical problems.

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## Explaining Heel Pain

Plantar Fasciitis (heel pain) is a common problem among people who are active. It starts as a dull intermittent pain in the heel which may progress to a sharp persistent pain.

Classically it is worse in the morning with the first few steps, after sitting, and after standing or walking. The plantar fascia is a thick fibrous ligament on the bottom of the foot. It is attached to the heel bone (calcaneus), fans forward toward the toes, and acts like a bowstring to help maintain the arch of the foot.

The problem occurs when part of this inflexible fascia is repeatedly placed under tension. Tension causes an overload that produces an inflammation, usually at the point where the fascia is attached to the heel bone.

The result is pain! The problem may progress rapidly, and treatment must be started as soon as possible.

*Always remember, foot pain is not normal*



## Stretching Exercises Can Help

The following exercises are designed to strengthen the small muscles of the foot to help support the damaged area. If done regularly, they will help prevent re-injury. Do each prescribed exercise three times a day or as often as your doctor prescribes.

### Towel Curls:

Place towel on the floor and curl it toward you, using only the toes of your injured foot. Resistance can be increased with a weight on the end of the towel. Relax, then repeat the towel curl.

### Stretches:

Stand at arm's length from a counter or table with your back knee locked and your front knee bent. Slowly lean toward the table,

pressing forward until a moderate stretch is felt in the calf muscles of your straight leg. Hold 15 seconds. Keeping both heels on the floor, bend the knee of your straight leg until a moderate stretch is felt in your Achilles tendon. (Tendons attach muscle to bone; the Achilles tendon attaches the muscles of the calf to the heel bone.) Hold 15 seconds more. You should feel a moderate pull in your muscles and tendon, but no pain. Change legs and stretch the other leg.

Sit on the floor or in a chair with your leg extended out in front of you. Lock your knee. Slide a towel or belt under the ball of your foot and gently pull the forefoot toward you. Hold for 15 seconds and repeat 10 to 15 times. Change feet and repeat.



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## Extracorporeal Shockwave Therapy

Extracorporeal Shockwave Therapy, also known as ESWT, is a non-surgical treatment option for intense persistent heel pain associated with plantar fasciitis. "Extracorporeal" means "outside the body". Shockwaves, also known as pressure or sound waves, are generated by a special ESWT device, and focused onto the targeted tissue. The shock waves are delivered to stimulate and reactivate the body's repair mechanism to advance normal tissue healing.

You and your doctor will decide if ESWT treatment is right for you after reviewing all the options. You could be a candidate if you have been diagnosed with chronic plantar fasciitis for at least six months

and if your symptoms have failed to respond to three conservative treatments which may include rest, physical therapy, heel cushions, non-steroidal medications (Motrin or other anti-inflammatories), cortisone injections, taping, orthotics, shoe modifications, night splinting and casting. Compared to invasive or endoscopic surgery, ESWT has fewer side effects and a much shorter recovery time.

Patients that have undergone ESWT may return to their pre-treatment activity levels following the procedure. However, it is suggested that patients consider a 24 hour recovery period post treatment.

## Office Information

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Dr. Boyle and Dr. Graham are accepting new patients of all ages. If you suffer from a painful foot condition, you may call our office to schedule an appointment. New patients may download all forms required in PDF format from our website listed above.

*A Christmas Blessing*—During this Christmas season, may you be blessed with the spirit of the season, which is Peace, the gladness of the season, which is Hope, and the heart of the season, which is Love.