

MEET YOUR TEAM



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Swing INTO SPRING WITH

HAPPY FEET

**Springtime is the perfect time** to hit the links in Central Texas, but be sure to keep in mind your foot health and the impact it can have on your overall game. There are three areas of your feet most likely to cause pain that can ruin your golf swing – your big toe, your heel or the ball of your foot. Behind these pain-prone spots can lie stiff joints, stretched-out tissues and even nerve damage. But pain relief is possible and frequently does not require surgery.

**ARTHRITIS**

Arthritis can cause pain in the joint of your big toe that makes it difficult to follow-through on your golf swing.

**HEEL PAIN**

Heel pain typically results from an inflammation of the band of tissue that extends from your heel to the ball of your foot. People with this condition compare the pain to someone jabbing a knife in their heel. Heel pain can make it uncomfortable for golfers to maintain a solid stance during crucial portions of their golf swing.

**NEUROMAS**

Neuromas are nerves that become thickened, enlarged and painful when compressed or irritated. Neuromas in the ball of your foot can cause significant pain as your body transfers its weight from one foot to the other in a golf swing.

Several other painful conditions can also cause instability during your swing. Some athletes and former athletes develop chronic ankle instability from previous ankle sprains that failed to heal properly. Motion-limiting arthritis and Achilles tendonitis can also affect your balance. Ill-fitting golf shoes may cause corns and calluses that make standing uncomfortable.

For the majority of patients, simple treatments to avoid pain during your golf game include the use of custom orthotic devices, stretching exercises, changes to your shoes, medications, braces or steroid injections and physical therapy. If these conservative measures fail to provide adequate relief, surgery may be required.

The most important lesson to remember is that foot pain is not normal. When your feet aren't in top condition, your golf swing won't be either. With the treatment options available by your foot and ankle specialist, a pain-free golf swing is clearly in view.

Have Knee & Hip Issues?

They might be caused by limb length discrepancy

Limb Length Discrepancy is relatively common among the general population, and for the majority of people, the differences in limb length are so small that there are no noticeable effects. However, for those suffering from a larger, more obvious limb length discrepancy, such as when one leg is noticeably shorter than the other, the impact can be much more significant. If you have a leg length difference, it is most likely due to structural/anatomical or functional problems.

**STRUCTURAL/ANATOMICAL PROBLEMS**

This means that one lower limb is shorter than the other, otherwise known as a True Limb Length Discrepancy.



**FUNCTIONAL PROBLEMS**

This means that both legs are the same length, but your hips are unbalanced, dislocated or unstable, which causes one hip to be situated higher than the other, giving the appearance of a shorter leg.

If you have a leg length discrepancy than you may be experiencing multiple problems, which can affect your hips and knees, such as:

**PAIN**

You may experience pain in your hips and knees because the length difference affects the biomechanics of your lower extremities and gait. The result of these affects forces you to apply pressure on your bones and joints unnaturally, causing your body to relay the message that something is wrong through pain.

**JOINT PROBLEMS**

If you are putting unequal pressure on the joints of the hips and knees than you're prone to meniscus tears and degenerative arthritis of the longer limb.

**POSTURE**

Your posture changes in response to a lower limb length discrepancy in order to compensate for the height difference. When this occurs you become more prone to injuring your hips and knees.

**LIGAMENT DAMAGE**

If you are limping while walking to compensate for the length difference then your longer leg is prone to increased knee flexion, which can lead to torn ligaments of the knee.

**DISLOCATION**

If you are an active person then you have a greater chance of dislocating your hip. The uneven alignment and impact on your joints during activities may not support the ball and socket joint of your hip properly, so you become prone to dislocation and further injury.

**RANGE OF MOTION**

Your body's self defense mechanism may limit your range of motion in your hips and knees during daily activities in response to the unequal alignment of your lower extremities.

If you think or know you have a leg length discrepancy, please don't wait to contact Austin Foot and Ankle Specialists so that your situation can be assessed. Our goal is to prevent further injury while helping you live a more comfortable lifestyle!

**WEIGHT DISTRIBUTION**

Improper alignment of your lower extremities can cause unequal weight distribution on your hips and knees, which may result in injury or arthritis in the longer limb.



TIP: The toe box should flex easily and the shoe shouldn't bend in the middle of the sole.

Tips for Children's SHOE SHOPPING

**THE SPRING SCHOOL SEMESTER IS WELL UNDERWAY,** and family calendars are filling up with soccer, baseball and other extracurricular activities. Before hitting the fields, take a moment to assess the sizing and condition of your children's shoes to avoid possible foot problems. Austin Foot and Ankle Specialists offers some simple guidelines that may help prevent unwanted conditions such as painful ingrown toenails, blisters, heel pain and flat feet.

**INGROWN TOENAILS**

A child's foot can grow a size or two within six months, so it's critical to allow room for growth in the toe box – about a finger's width from the longest toe. Snug shoes put pressure on the toes, causing ingrown nails. The nail compresses and grows down into the skin. Infection can occur when an ingrown nail breaks through the skin. If there's pain, redness and fluid draining from the area, it's probably infected. The ingrown nail can be removed in a simple, in-office procedure. Don't try to remove a child's ingrown nail at home, as this can cause the condition to worsen.

**BLISTERS**

Tight-fitting shoes also cause blisters, corns and calluses on the toes and blisters on the back of the heels. Never buy shoes that feel tight and uncomfortable in the store, and don't assume they will stretch or break in over time. Conversely, shoes that are too loose can cause problems, too. If a shoe is too loose, the foot slides forward and puts excessive pressure on the toes.

**HEEL PAIN**

Parents should carefully inspect both new and old shoes to check for proper cushioning and arch support. Shoes lose their shock absorption over time, and wear and tear around the edges of the sole usually indicate it's worn out and should be replaced. If a child keeps developing worn-out or non-supportive dress or athletic shoes, it elevates the risk for developing heel pain, Achilles tendonitis and even ankle sprains and stress fractures.

**FLAT FEET**

For children with flat feet, parents should buy lace-up shoes that have enough depth for an orthotic insert, if necessary. Unfortunately, there isn't much choice for kids with flat, wide feet. They need shoes with a wide toe box and maximum arch support and shock absorption.

FREE BOOKS for a limited time!



Price: \$12.99 FREE!

Choose from four books offering helpful tips and treatments for diabetic foot care, running, heel pain and general foot pain.

These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists and are available free for a limited time.

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER!