



APRIL 2015 NEWSLETTER

If You are Experiencing Muscle and Tendon Pain,

CONSIDER EPAT

Since introducing Extracorporeal Pulse Activation Treatment (EPAT) at Austin Foot and Ankle Specialists, the innovative, non-invasive therapy has become one of the most highly requested services by patients experiencing acute or chronic muscle and tendon pain.

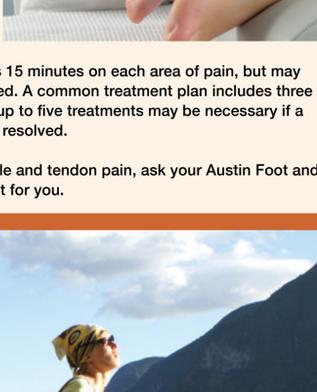
EPAT therapy allows patients to receive the most advanced, highly effective treatment options more quickly and economically as compared to traditional treatment methods. It is a scientifically proven procedure that represents a breakthrough in regenerative medicine treatment options for a broad range of musculoskeletal conditions utilizing a proprietary set of unique acoustic pressure waves to stimulate the metabolism, enhance blood circulation and accelerate the healing process.

EPAT is used at Austin Foot and Ankle Specialists to treat patients experiencing any number of painful soft tissue injuries, such as Achilles tendonitis, acute and chronic muscle pain, myofascial trigger points, plantar fasciitis and tendon insertional pain, among others.

The procedure utilizes a unique set of acoustic pressure waves that are delivered through the body and focused on the specific site of pain or injury. After gel is applied to the targeted area, the device applicator is moved in circular motions delivering pressure waves that result in a gradual regeneration of the damaged tissue. There is no need for anesthesia.

EPAT sessions can be performed in as little as 15 minutes on each area of pain, but may vary slightly depending on the site to be treated. A common treatment plan includes three sessions performed on a weekly interval, but up to five treatments may be necessary if a patient's pain is improving but not completely resolved.

If you are experiencing acute or chronic muscle and tendon pain, ask your Austin Foot and Ankle Specialists clinician if EPAT may be right for you.



How to Avoid

THE MOST COMMON CYCLING-RELATED INJURIES

The sport of cycling continues to grow year after year, with an estimated 67 million Americans hitting the road or trails for sport, leisure and everyday transportation. Austin's cycling options are plentiful, with smooth commutes to downtown via Congress or First Street, miles of rolling roadway on Loop 360 or scenic routes along the Veloway, Lady Bird Lake or McKinney Falls State Park.

While cycling offers a number of outstanding health benefits ranging from strength and muscle tone to stamina and cardio-vascular fitness, there are also a number of health risks worth considering. Some of the most commonly reported cycling-related injuries include:

- Achilles Tendonitis
- Patellar Tendonitis
- Shin Splints
- Numbness
- Sesamoiditis

Cycling creates a tremendous demand on the lower extremities, as this part of your body is responsible for producing a majority of the energy imparted to the bike. The reactive forces created between the foot and the pedal produce loads that can adversely affect the joints and muscles of your legs and feet, leading to overuse injuries. As cycling is such as repetitive motion activity, any error in alignment – whether anatomic of equipment related – can lead to poor performance and injury.

Here are some tips to prevent common cycling-related health issues:

ENSURE THAT YOUR BICYCLE IS PROPERLY FITTED – To determine the correct frame size, straddle the bike in a standing position. Then lift the entire bike off the floor until the top tube is pressing against the crotch. The distance between the bottom of the bike's tires and the floor should be one to two inches for a road bike and three to six inches for a mountain bike. To set the saddle height, the cyclist should sit on the bike in a normal riding position with the crank arms straight up and down. With the ball of the foot on the pedal in the 6 o'clock position, the biker should bend the knee at an angle of 20 to 25 degrees. The saddle should be level or slightly upward for men and level or slightly downward for women.

MAKE SURE TO WEAR APPROPRIATE FOOTWEAR – For casual riders, cross training shoes with solid support across the arch and instep are perfectly suitable. If you are a more avid cyclist, then touring shoes may be a better match. These shoes offer a stiff sole to protect the foot from the pedal and provide the necessary efficiency in generating force to the pedal. Cleated cycling shoes are one of the most trusted options, as they clip into the pedal and allow maximum pushing and pulling motion. They also offer the biggest opportunity for adjustment, allowing compensations for structural alignment and to improve pedal efficiency. Don't let foot pain impact your lifestyle or get in the way of your everyday activities. If you are experiencing any of these conditions, or other problems that are resulting in foot pain, please contact Austin Foot and Ankle Specialists to schedule an assessment. Not addressing these issues in a timely manner can lead to larger foot problems and possible long-term damage to your feet.

AVOID THE PROBLEMS ASSOCIATED WITH OVERUSE – Biomechanics play a crucial role in pain-free, efficient cycling, and when equipment or form are lacking, injuries are sure to follow. Riding with the seat too low and wearing old or worn out biking shoes can lead to foot problems. Other conditions result from leg misalignment, internal tibial torsion and over-pronation. Specialists recommend stretching the major muscle groups used in cycling – the gluteals, quadriceps, calves and hamstrings – before and after riding. You should also start slowly and work up to a normal rate of pedaling.

Three Lakes Physical Therapy offers custom cleat fitting here at our clinic at 5000 Bee Cave Road, so be sure to make an appointment today and allow our team to get you properly set before you hit the road or trail for your next ride.

If Your Young Athlete Has Heel Pain, It May Be

SEVER'S DISEASE

With the spring sports season in full swing, thousands of young athletes across Central Texas are spending hours each day taking part in high intensity athletic endeavors such as basketball, volleyball, baseball, lacrosse and soccer.

It's not uncommon to hear parents on the sidelines discussing the aches and pains associated with school and club athletics, and one of the most commonly experienced issues is a painful condition called Sever's disease.

Though not technically classified as a true "disease," Sever's is an inflammation of the heel's growth plate caused by muscle strain and repetitive stress commonly experienced during the hours of practices and games each week. The repeated minor trauma that happens in many sporting activities is exacerbated by wearing ill-fitting shoes, shoes with poor padding or shoes with worn arch supports.

Sever's is most commonly experienced by children ages 8-14, when their bones are still in the growth stage and have not yet become ossified. New bone is still forming in the growth plate at the back of the heel, which creates a weak spot at the area of the attachment of the Achilles tendon. The condition is even more prevalent among children that are overweight.



Among the most common signs of Sever's include a child's limping or walking on their toes to avoid pain. Unlike adults, where heel pain usually subsides after a period of walking, pediatric heel pain generally doesn't improve in this manner. In fact, walking can make the pain worse.

The pain itself will present as tenderness in the back and bottom of the heel when walking or standing, and it can even be painful to the touch. Sever's can occur on one or both feet.

To diagnose the cause of your child's heel pain and rule out any other more serious conditions, your foot and ankle specialist will obtain a thorough medical history and ask questions about recent athletic activities. Treatment may include reduced activity, temporary inserts or custom orthotics for heel support, medication, physical therapy or immobilization.

Parents, please take any foot discomfort mentioned by your children seriously, and keep on the lookout for even the slightest limp after practices or games. Your young athlete may be nervous to mention the injury for fear of losing his or her position on the team, but left untreated, conditions like Sever's can lead to many more significant foot issues now and in the future.

QUESTION OF THE MONTH



Should I use heat or ice if something hurts?



The answer depends on when, how, or why it hurts. It is generally understood that heat causes a dilation of blood vessels while cold causes a constriction. When an injury occurs, it causes rupture of capillaries in the affected tissue that can leak blood, lymph fluid and a reactive serum into the surrounding tissues. This is called inflammation and the pressure caused by such is painful. Adding cold to the area will slow the leakage from vessels and limit this process. It is always recommended that one use ice immediately following and during the 48 hours after a new injury. After this time frame the answer becomes a bit more complex. The choice should be based on how your pain responds to activity. If activity decreases your pain, such as stiffness arising early in the morning or after being stationary for a long period of time, you may benefit from increasing blood circulation. This can be accomplished most effectively through exercise but you may also apply moist heat to help reduce painful muscle and joint tightness. If, conversely, your pain increases with activity, it is likely that activity is causing a new inflammatory response. Even though your initial injury may have occurred more than 48 hours before, the activity you are doing is causing trauma to your injured tissues and that tissue is responding with inflammation. In this case, ice will once again be more effective in decreasing your pain.

During physical therapy treatments, you will be asked to perform exercises for the purpose of strengthening muscles surrounding an injury or for training balance receptors. Additionally, if you have restrictions within tissues you will be treated with a variety of stretching and manual techniques. Both of these, while beneficial to the long term healing process, may cause some acute tissue stress, subsequent inflammation and soreness. It is for this reason that we often use ice at the completion of your visit and ask you to ice to the area later in the day if soreness increases or persists.



MEET THE TEAM



DR. CRAIG THOMAJAN
DPM, FACFAS



DR. SHINE JOHN
DPM, FACFAS

Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

Esra Abu-Esba: Medical Assistant

Lindsey Ryder: Medical Assistant

Joshua Hernando: Clinical Coordinator

Frances Yule: Billing Specialist

WHEN SHOULD YOU CALL A PODIATRIST?



You should call a podiatrist anytime you experience pain, discomfort, or notice changes in your feet. Key indicators include:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that affect your feet.

REFERRALS

YOU MEAN THE WORLD TO US!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. We'd like to thank the following people for doing so this past month:

Marnie N. • Nikakera B. • Kelly F. • Bill R. • Peggy J. • Linda R.

If you pass along our name to someone close to you, please let us know so we can say thanks!

BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't receive your birthday greeting but would like to in the future, please visit our Contact Page and let us know the date!

FREE BOOKS FOR A LIMITED TIME!



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.

CLICK HERE FOR YOUR FREE BOOKS NOW!

5000 Bee Cave Road, Suite 202 • Austin, TX 78746 • (512) 328-8900
www.austinfootandankle.com

If you do not wish to receive future emails from our office, please [Click Here to Unsubscribe](#) or send an email to thestaff@austinfootandankle.com with Unsubscribe as the subject line. This email is intended for [EmailVar]

HEAL PAIN.

[CLICK HERE](#)

