



JULY 2014 NEWSLETTER

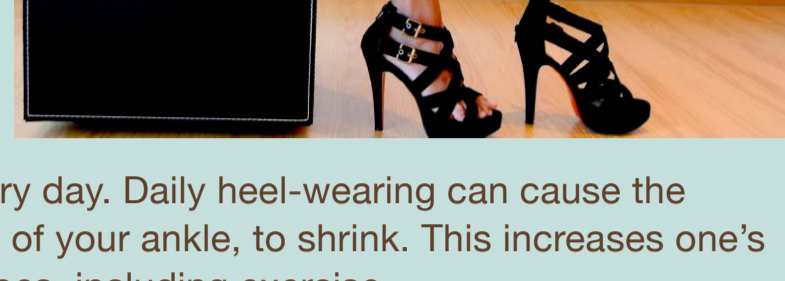


Study Proves Wearing **HIGH HEELS** Can Be A Real Pain

Though they may not always be comfortable or easy to move around in for extended periods of time, high heels hold a special place in many women's hearts. Some wear them for a more professional appearance, others because they enjoy the look of longer legs, while still others simply enjoy the way they complement certain outfits. More than anything, high heels make those wearing them feel good about themselves.

The downside to wearing heels is the impact on women's feet. The American Podiatric Medical Association (APMA) recently announced the results of its Today's Podiatrist survey, which measures the public's attitudes toward foot health. The study, which surveyed 1,000 adults ages 18 and older, revealed that nearly half of all women (49 percent) wear high heels, even though the majority of heel wearers (71 percent) complain these shoes hurt their feet.

Even chronic discomfort doesn't appear to deter women from purchasing the strappy stilettos they love. In fact, the average woman who owns high heels has nine pairs. Thankfully, despite their extensive collection of shoes, only two percent of women wear heels every day and just five percent report wearing them five days per week. There is also the lower profile shoe contingent, which is made up of 46 percent of those surveyed who rarely or never wear high heels.

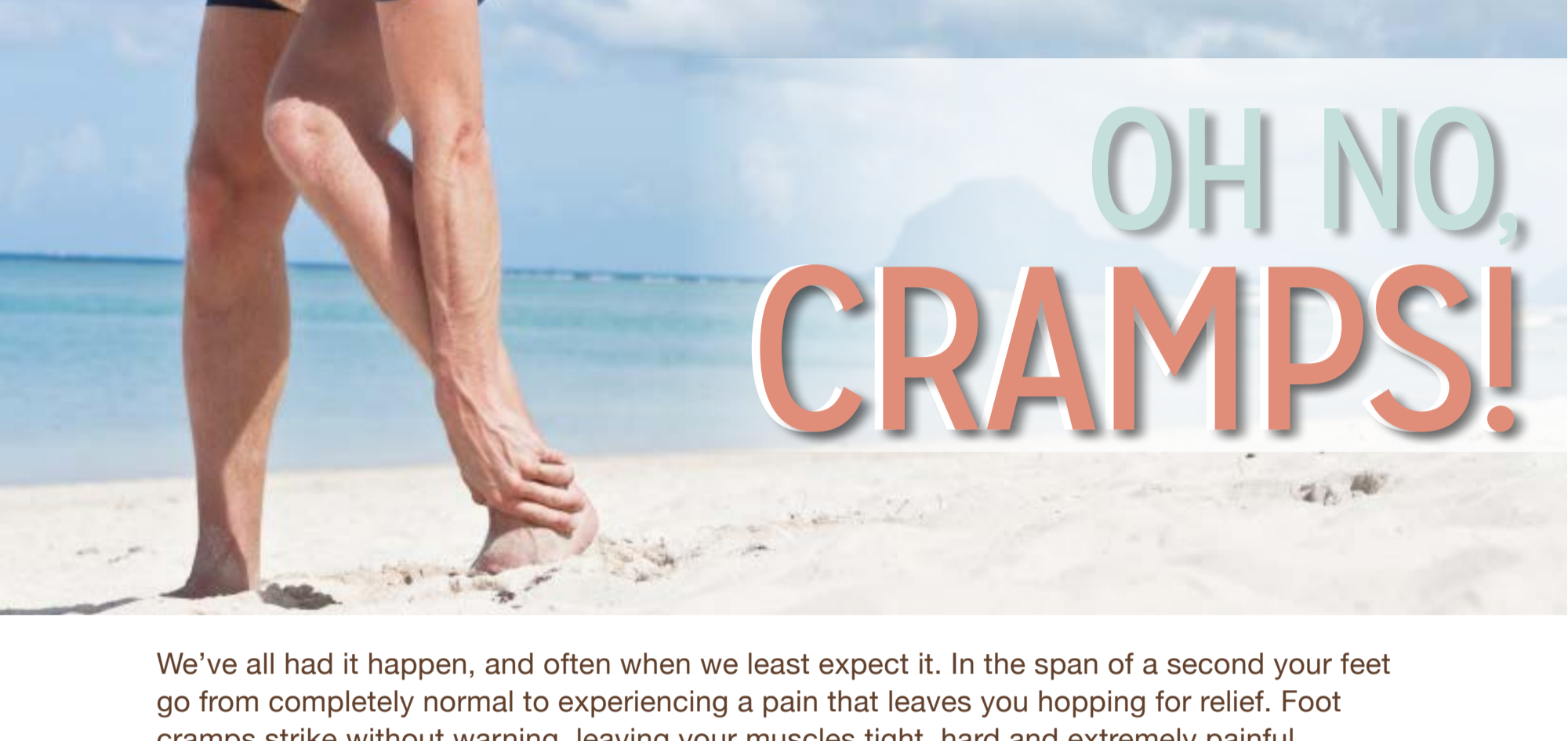


With high heels, it's best not to wear them every day. Daily heel-wearing can cause the Achilles tendon, the strong tendon at the back of your ankle, to shrink. This increases one's risk of an injury while doing activities in flat shoes, including exercise.

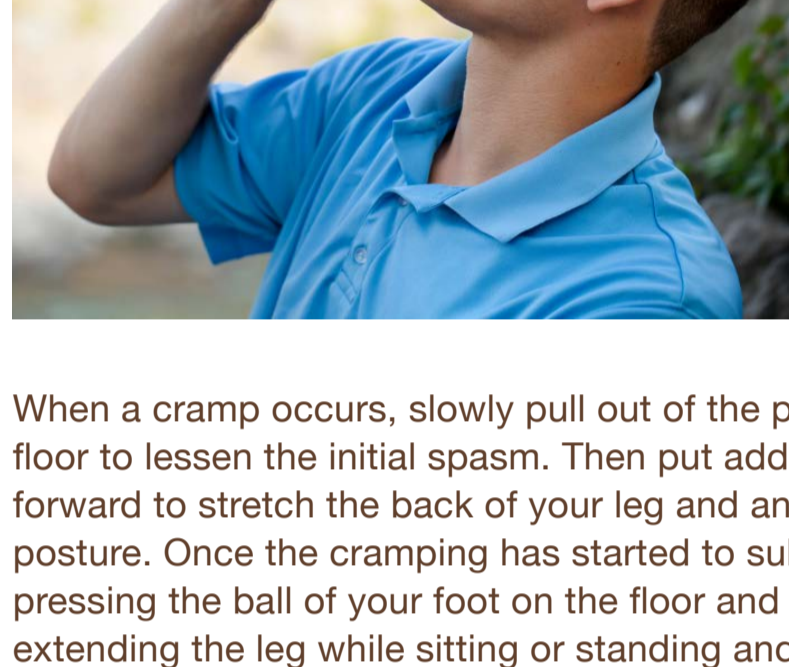
Heel height also plays an important role in preventing foot pain. Almost half of women say they can withstand wearing heels that are three inches or higher, though podiatrists recommend staying more grounded. Heel wearers should avoid heels higher than two inches, as wearing heels three inches or higher can shift body weight forward, and puts great pressure on the ball of the foot and the toes.

High heels are not the only culprits of foot pain, which impacts 71 percent of those surveyed. Other footwear associated with causing discomfort include barefoot running shoes (27 percent), boots (26 percent), flats (23 percent) and flip flops (23 percent).

No matter the type of shoe you are wearing, foot pain is never normal. If you are experiencing chronic foot pain and feel it may be associated with your shoes, visit Austin Foot and Ankle Specialists for a consultation. The longer foot pain exists without treatment, the greater chance one has for developing severe or in some cases lifelong foot issues.



We've all had it happen, and often when we least expect it. In the span of a second your feet go from completely normal to experiencing a pain that leaves you hopping for relief. Foot cramps strike without warning, leaving your muscles tight, hard and extremely painful. Cramps are the result of involuntary contractions of one or more muscles, otherwise known as muscle spasms. Some of the most common causes include:

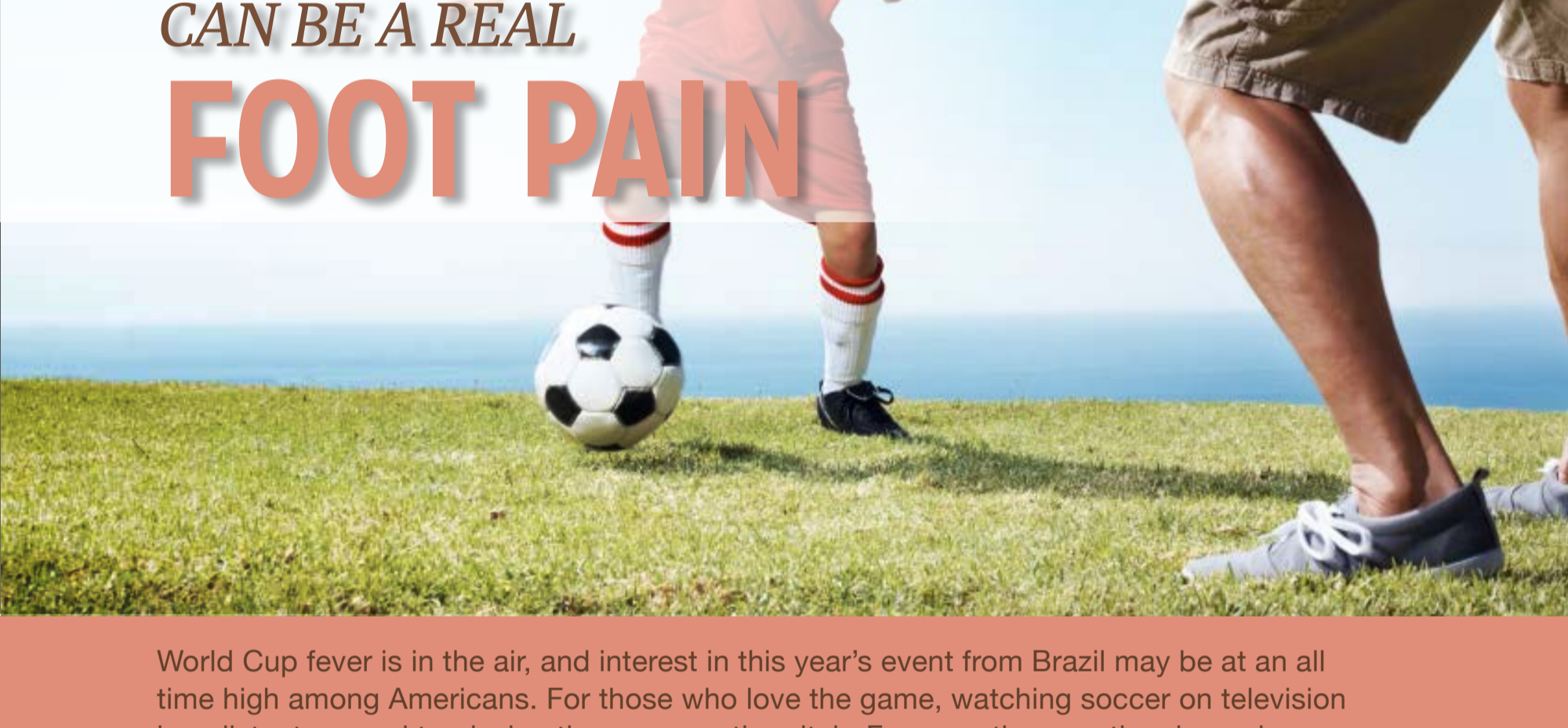


- Poor circulation
- Overextension during exercise
- Insufficient stretching before exercise
- Repetitive strain
- Muscle fatigue
- Dehydration
- Calcium, magnesium or potassium deficiency

When a cramp occurs, slowly pull out of the position you are in and press your foot to the floor to lessen the initial spasm. Then put additional pressure on the foot while leaning forward to stretch the back of your leg and ankle. Take deep breaths while holding the posture. Once the cramping has started to subside, stretch out the bottom of the foot by pressing the ball of your foot on the floor and lifting your heel. Another form of relief involves extending the leg while sitting or standing and pointing your toes skyward and then straight ahead to get blood flowing to ease the contraction.

To help preventing cramping in the future, stay properly hydrated and try to fill your diet with sufficient calcium, magnesium and potassium. Eight, eight-ounce glasses of water is a great starting point, and adding a banana to your daily diet is a great way to provide helpful potassium while offsetting excess sodium.

If you experience ongoing cramping of the feet, please visit Drs. Craig Thomajan and Shine John at Austin Foot and Ankle Specialists for an assessment of your overall foot health to determine what may be causing the issue and to determine a personalized treatment plan.



The Beautiful Game

CAN BE A REAL FOOT PAIN

World Cup fever is in the air, and interest in this year's event from Brazil may be at an all time high among Americans. For those who love the game, watching soccer on television is a distant second to playing the game on the pitch. From youth recreational, academy and select programs to adult competitive indoor and outdoor leagues, the sport provides a tremendous way to stay in shape while socializing with friends. As with any sport, soccer comes with its own risk factors, and since the game involves exclusive use of the feet, below-the-waist injuries can be especially common.



INVERSION ANKLE SPRAINS – This injury can damage the ankle ligaments and is associated with peroneal tendon injuries and fractures

ANKLE FRACTURES, METATARSAL FRACTURES AND LISFRANC FRACTURES – This injury can shelve athletes for extended periods of time and can even require surgery

CONTUSIONS AND BONE BRUISES – This injury most often results from high impact, whether slide tackling or simple knee-to-knee collisions

OVERUSE AND EXCESSIVE TRAINING – Not giving one's feet proper rest, especially with children, can lead to heel pain, Achilles tendonitis, stress fractures, tibial tendonitis and calcaneal apophysitis

The benefits of soccer far outweigh the risks, but please be sure to give your feet the proper rest and ongoing care so that your love of the game can last a lifetime.

QUESTION OF THE MONTH



I accidentally cut one of my toenails too short recently. What steps can be taken to try and help prevent an ingrown?

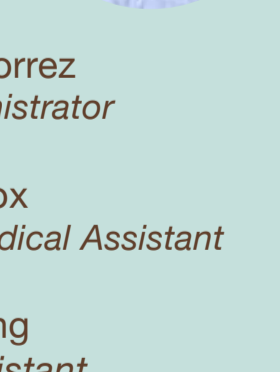


To help an ingrown nail recover properly, let the nail grow and keep it trimmed as evenly as possible across the center. Do not cut the corners, and instead allow the inside and outside edges to grow a little longer than the center of the nail edge. This will permit the edges to grow out and away. And while recovering, try not to wear tight fitting shoes that could result in additional irritation of the nail.

MEET THE TEAM



**DR. CRAIG
THOMAJAN**



**DR. SHINE
JOHN**

Rhiannon Torrez
Practice Administrator

Byron Cox
Certified Podiatric Medical Assistant

Karin Jung
Medical Assistant

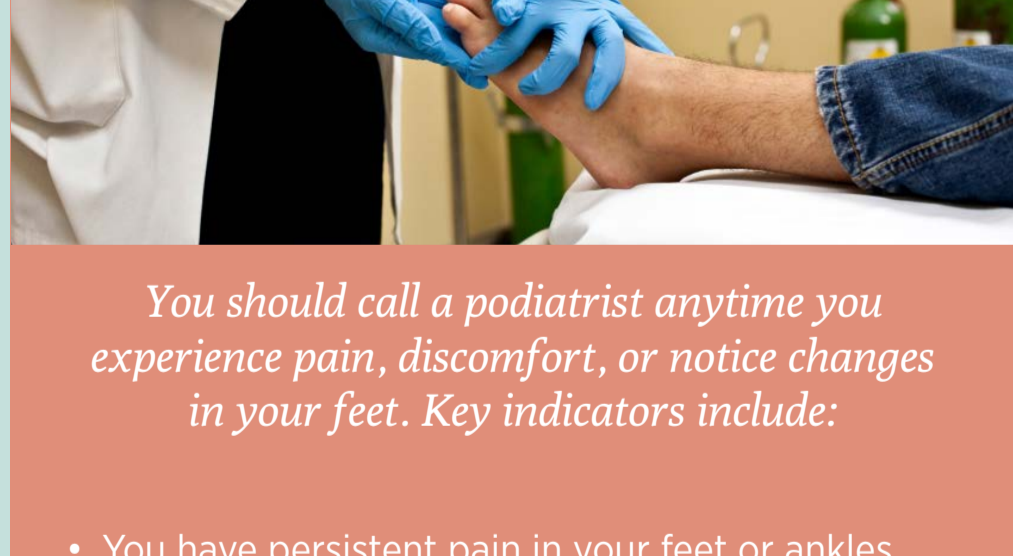
Tana Hager
Clinical Coordinator

Fabiola Carrillo
Clinical Scheduler

Monica Velez
Clinical Scribe

Amanda Wilson
Director of Community Relations

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:

Louise P. • Holly L. • Debra V. • Katie R. • Sandra H. • Michelle G.

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!**

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www.austinfootandankle.com

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