



May 2017 News and Updates



Will the Real Cause of Bunions Please Stand Up!

Meet the Team



DR. CRAIG THOMAJAN
DPM, FACFAS



DR. SHINE JOHN
DPM, FACFAS



DR. BRITTANY KALAPACH
DPM

Tana Hager: PMAC, Practice Administrator

Monica Velez: Surgical Scheduler, Trainer

Karin Jung: Lead Medical Assistant, Trainer

Shayne O'Connell: Medical Assistant

Vishal Patel: Medical Assistant

Christian Gonzales: Medical Assistant

Alicia Ballew: Medical Assistant

Sang Lee: Medical Assistant

Madeline Ryan: Clinical Coordinator

Cortney Jimenez: Clinical Coordinator

Theresa Loyola: Billing Specialist

Sydney Mosby: Patient Scheduler

Lindsey Ryder: Insurance Verification

Newsflash: Bunions are not caused by shoes! However, before you squeeze your feet into those pointy pumps, know this – while your footwear is not necessarily behind the bony bump, it can certainly add to the problem!

Most bunions form due to an unfortunate inherited foot structure that causes you to be prone to the painful bony bulge. Wearing shoes that press on the big toe joint or squish toes together can aid in forcing the already vulnerable joint out of alignment, making the bone protrude. The more shoes continue to put pressure on and aggravate the area, the worse your bunion gets and the more pain it causes. Stop the madness!

While a bunion is a condition that worsens over time, you can ease painful symptoms and slow the progression by choosing shoes with wide toe boxes and low heels. There are also toe splints you can wear and stretches you can do to help hold the toe in proper position. In addition, orthotic shoe inserts can help to avert pressure from shoes, as well as correct the foot structure that is causing you to be at risk in the first place.

So, there you have it – the truth is out! Shoes do not cause bunions, but they sure can make them worse! Don't let that happen to you. Make good footwear choices, especially if bunions run in your family, and you should be able to enjoy a bunion, pain-free life!



What Wear Patterns on Your Shoes Say About You

Did you know your footwear can actually share secrets about you? That's right, we can find out a lot by just looking at the wear patterns on your shoes! Mainly, they can tell us if you have structural or biomechanical abnormalities that should be addressed in order to relieve pain and prevent injury.

Even wear across the heel and ball of the foot indicates that your gait is normal and you have an even stride that will likely cause you no problems.

However, if one shoe is more worn than the other, this is a sign of leg length discrepancy.

If the outer edge of the sole is more worn than the inner edge, a high arch could be inhibiting your ability to absorb shock and affecting your gait, putting you at risk for injury.

Conversely, if the inner edge is more worn than the outer, flat feet could be causing you to overpronate which can lead to alignment issues, pain, and injury as well.

The good news is, no matter what your wear patterns tell us, custom orthotics can provide the adjustments needed to straighten your gait, correct the position of your foot, provide support, and protect you from problems.

So, next time you have an appointment, make sure you bring your favorite footwear along – it will help us get to know you and your needs!

Mark Your Calendars

- May 3** Lumpy Rug Day – Flatten 'em out so you don't fall!
- May 6** Beverage Day – Pour yourself a cool one.
- May 10** Clean Up Your Room Day – Give it the white glove test.
- May 13** Frog Jumping Day – Sounds like good exercise.
- May 14** Mother's Day – Celebrate moms everywhere!
- May 20** Pick Strawberries Day – Can you pick more than you eat?
- May 29** Memorial Day – Relax and remember.





Managing Neuropathy at Home

Neuropathy doesn't have to stop you from doing the things you love. There are some at-home habits you can incorporate into your days to manage symptoms of pain, burning, tingling, and numbness, so you can go about your normal activities with no problems! Here's what you can do:

- **Pile your plate with plenty of fruits and veggies, lean protein, and whole grains, as well as foods high in Vitamins B and D.** Sticking to this type of diet will help to minimize symptoms and manage underlying conditions, such as diabetes, that may be behind your neuropathy in the first place!
- **Say no to cigarettes and alcohol** as both substances increase your risk of developing neuropathy symptoms, and can make existing problems even worse.
- **Keep to a regular exercise routine.** We know you might not feel like it, but don't let your symptoms hold you back! The more you move, the better your circulation, which helps nerves heal and symptoms go away. It also aids in maintaining a healthy weight, which reduces pressure placed on your feet.
- **Relax with a warm foot soak or foot massage.** Both encourage blood flow which helps to reduce symptoms as well as stress.

Follow these guidelines to managing neuropathy symptoms at home and you'll enjoy a better quality of life! For more tips to nix neuropathy, just ask our helpful staff.



Mommy & Me Fitness

Every May we celebrate Mother's Day – and for good reason! Being a mom is one of the most important jobs out there, and boy do we appreciate all that they do! In fact, moms do so much, it is often hard for them to find the time to exercise. Well, here are some Happy Mother's Day tips to fit fitness into your busy life, and teach kids the importance of exercise at the same time!

Head Outside – make taking a walk or bike ride together a part of your every day.

Boogie Down – turn on some music and dance with your kids to their favorite songs.

Change Chore Time to Play Time – make a game of cleaning up: see who can pick up the most toys in 5 minutes; jump up and down to clear cob webs with a broom; carry laundry upstairs, one piece of clothing at a time – whatever you can think of to get your kids to pitch in and get a workout in while you're at it!

Sign up for a Family Fun Run – register for a local race as a family, then put together a training program to do together.

Have a Weekly Activity Night – let the kids take turns choosing a sport or type of physical activity to do as a family once a week.

Share What You Love – if you love doing yoga, teach your kids how to do it with you. Enjoy hiking? Pack a picnic and take the kids along. The more the merrier!

Hope these ideas help, and by the way – Happy Mother's Day!



Austin Foot and Ankle Specialists
5000 Bee Cave Rd, Ste 202 • Austin, TX 78746
(512) 328-8900 • www.AustinFootAndAnkle.com



Free
Books

Call (512) 328-8900 or visit
AustinFootAndAnkle.com

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Catch Some ZZZZ's

It's Better Sleep Month, so here are some helpful hints to hit the hay and stay that way (at least until that pesky alarm goes off)!

Develop a routine. Try to go to bed close to the same time every night.

Get moving. Daily exercise will help you have less stress and be more tired!

Watch what you eat. Stay away from caffeinated items in the late afternoon and evening, as well as heavy or spicy foods that can come back to haunt you!

Banish bad habits. Refrain from smoking or drinking alcohol. They can interfere with sleep patterns.

Unplug. Turn off all electronics about an hour before bedtime, including TVs, computers, phones, and tablets, all of which cause too much stimulation for your brain.

Manage stress. Avoid stressful situations and use calming techniques so you can rest easy.

Get comfy. Keep your bedroom at a comfortable temperature, close the shades, fluff your pillows – whatever you've got to do to make it the perfect sleeping environment for you.

Limit naps. The idea is, the less you sleep during the day, the more you'll sleep at night!

Sweet dreams!

