

MEET YOUR TEAM

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REFERRALS 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:

William B.	Darren G.
Wendy B.	Lisa M.
Robert B.	Elizabeth M.
Jose C.	Bill R.
Jan D.	Maria S.

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

BIRTHDAY ANNOUNCEMENTS

To view October birthdays, please [click here](#).

Is your birthday coming up?

Go to our [contact page](#) to submit your birthday or announcement so we can be sure to recognize our patients' and friends' special day!

QUESTION OF THE MONTH

Are Dr. Scholl's Custom Orthotic Inserts from kiosks at local stores such as Walmart a good solution for foot issues?

- Jared H., Southwest Austin

The inserts offered at these stands, which use 'over 2,000 pressure sensors' to map out pressure points on your feet, are a prefabricated device that is matched to your foot type. Added cushioning may help your feet be a little less achy, and there's certainly nothing wrong with a little more comfort in your shoes. However, you shouldn't substitute this for a visit with a podiatrist if you have recurring foot pain or specific concerns.

At Austin Foot & Ankle Specialists, we address your foot issues with a true customized orthotic. There will not be another orthotic like the one designed for your feet. We first perform a physical exam to assess your foot structure, then have you walk across the Gaitscan system to assess your foot motion as well as the pressures throughout your step. All these findings help to create a custom functional orthotic that allows your foot to function better and help you move pain free.

Visit our Contact Page to submit your question and receive your gift of Miracle Foot Cream if yours is chosen.

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 effect your feet.



GAME ON!

AS ANOTHER SPORTS SEASON BEGINS, PROTECT YOUR FEET WHILE YOU continue your active lifestyle.

Whether you are a professional athlete or play sports just for fun, the demands made on your feet and lower limbs can lead to a range of injuries, including blisters, sprained ankles, torn ligaments, shin splints (leg pain), knee pain, low back pain and other joint or muscle problems.

Added to these are common complaints such as corns, calluses and Athlete's foot. Your running style, poor footwear and even minor limb length differences can also contribute to injury.

It is vital to your game, as well as your body, to have your feet checked regularly, especially if you are active. It is essential to be proactive in this matter, as your podiatrist can check for problems that you or another untrained eye cannot see. Letting problems worsen can lead to more serious issues down the road, involving ankles, knees and even back problems!

HERE ARE SOME TIPS FOR ATHLETIC FOOT CARE:

- Wash your feet every day, and dry thoroughly.
- Wear only good-quality, well-fitting synthetic socks.
- Get in shape. Being overweight or out of shape places added stress on the feet.
- Wear the correct shoes. Footwear should be given the same consideration as any other piece of sporting equipment. Shoes should protect as much as possible, be durable, provide stability, and should be right for the sport and playing surface.

WHAT ARE Shin Splints?

THE TERM "SHIN SPLINTS" IS OFTEN USED TO DESCRIBE PAIN THAT OCCURS ON THE FRONT OF THE LOWER LEG. TRUE SHIN SPLINT SYMPTOMS, HOWEVER, OCCUR AT THE FRONT INSIDE OF THE SHIN BONE AND CAN ARISE FROM A NUMBER OF CAUSES.

SYMPTOMS OF SHIN SPLINTS

- Pain around the inside lower half of the shin
- Pain at the start of exercise which often eases as the session continues
- Pain that returns at the conclusion of activity and may continue into the next morning
- Swelling on the inside lower half of the shin
- Lumps and bumps may be felt when feeling the inside of the shin bone
- Pain when the toes or foot are bent downwards

TREATMENT OF SHIN SPLINTS

Treatment for shin splints is as simple as reducing pain and inflammation, identifying training and biomechanical problems which may have helped cause the injury initially, restoring muscles to their original condition and gradually returning to training.

TIPS IF YOU ARE SUFFERING FROM SHIN SPLINTS

- Rest to allow the injury to heal
- Apply ice or cold therapy in the early stages, particularly when it is very painful, to reduce pain and inflammation
- Stretch the muscles of the lower leg
- Wear shock-absorbing insoles, which help reduce stress on the lower leg
- Maintain fitness with other non-weight bearing exercises such as swimming, cycling or water aerobics
- Apply heat and use a heat retainer or shin and calf support after the initial acute stage and particularly before training. This can provide support to the lower leg, helping to reduce the strain on the muscles and retain natural heat which increases the flow of blood to the tissues to aid healing.
- Visit your foot and ankle specialists for treatment and rehabilitation.



THE MANY BENEFITS OF Resting Your Feet



With a busy schedule, you may feel like you never get a chance to rest. There are a variety of professions that require you to be on your feet all day and your downtime is probably spent moving as well. As a parent, whether you are taking your kids places or participating in your own activities, chances are you're not taking the time to *put your feet up*. Everyone has different levels of endurance, but you are probably not giving your body, or feet, the downtime they deserve.

Without the proper rest, your body doesn't have time to recuperate and meet the further demands that are needed. The demands of different athletes dictate the frequency of play, which is reflective of the player's

ability to rest. A sport like baseball, where athletes can find time to rest throughout the game, can be played every day. We should view ourselves as athletes when taking care of our feet.

If you work in an office where you spend part of your time seated, you may not require as much time off your feet as someone standing in a factory or running about a hospital. Even though your feet may not feel tired or achy, you may want to take some time to elevate them. This simple act of "putting your feet up" can give your vascular system, which is constantly fighting gravity, a rest.

We require so much of our feet every single day. It's important that we give them a little more rest in return.

FREE EDUCATION REGARDING FOOT CARE FOR RUNNERS AND DIABETICS

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running or diabetes, please take advantage of our complimentary books, *Diabetes and Your Feet* and *Keep Running! Identify and Prevent Common Running Injuries*.

Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

[CLICK HERE](#) TO REQUEST YOUR COMPLIMENTARY COPIES!

