

FOOTNOTES

Hosey Foot and Ankle Centers

Spring 2009

Here's why bunions cause painful feet

A bunion is a bony bump on the joint at the base of the big toe. The enlargement actually represents additional bone formation, often in combination with a misalignment of the big toe.



"Normally the position of the big toe is straight forward, but a bunion causes the big toe to turn in toward the second toe," says Dr. Thomas Hosey. The enlarged joint at the base of the big toe can become inflamed with redness, tenderness and pain. A small fluid-filled sac adjacent to the joint can also become inflamed leading to additional swelling, redness and pain. Often pain is most prevalent when

wearing shoes of any type, but the condition can be aggravated in women by wearing tight fitting and stylish shoes.

Who develops bunions?

Bunions most commonly affect women. Some studies show that bunions occur nearly 10 times more frequently in women than men. Tight-fitting shoes, especially high-heel and narrow-toed, appear to increase the risk for bunion formation. Heredity is also a major factor for those who develop bunions.

Bunions worsen over time unless the problem that produces them is eliminated. If a bunion causes severe discomfort, a surgical procedure may be performed. Surgical techniques vary, depending on the angle of the bones in the bunion and the extent of the deformity.

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Kids soccer linked to ingrown toenails

Snug cleats, big kicks cause pain

Dr. Jennifer Somers of Hosey Foot and Ankle Centers says she treats many youthful soccer players for ingrown toenails and blames improper toenail trimming, snug soccer cleats



and repeated kicking for creating this painful problem.

If you are the parents of a young soccer player Dr. Somers recommends that you do not give your children hand-me down soccer shoes that do not fit properly. "Older children like tighter shoes because they say it gives them a better feeling for the ball," she says, "but the price they pay because of an ingrown toenail can be very painful."

To avoid these problems Dr. Thomas Hosey recommends that you teach your child the correct way to trim their toenails...that means trimming in a fairly straight line and not too short. Soccer shoes must also fit properly, which can be tricky since a child's shoe size can actually increase by a full size within a single soccer season.

If your youngster develops an ingrown toenail, soaking their foot in room temperature water and massaging the sides of the foot can reduce the inflammation and reduce pain. If a sign of infection develops, please call the offices of Hosey Foot and Ankle Centers for an appointment.

An ingrown toenail can be readily removed, and your child can resume normal activities within 24 hours.



Get ready, get set... go: Fit feet finish faster

Both long-distance runners and casual joggers can improve their performance by keeping their feet in top condition and taking steps to control foot problems common to runners.

Dr. Jennifer Somers points out that the foot is a biological masterpiece that amazingly endures the stresses of daily life. "For runners the feet are more vulnerable to injury than any other part of the body, and these athletes should be on the alert for signs of foot problems that can slow them down if not treated properly."

Dr. Somers says the most common complaint from runners is heel pain. This condition, also called plantar fasciitis, is frequently caused by inflammation of the ligament that holds up the arch.

"In athletes, heel pain can result from faulty mechanics and overpronation in which pressure is unequally applied to the inside of the foot," she says. "It also can be caused by wearing running shoes that are worn out or too soft."

At the first sign of heel pain, Dr. Somers recommends runners do stretching exercises, wear sturdier shoes and use arch supports. In some cases, icing and anti-inflammatory drugs, such as ibuprofen, are helpful. Should heel pain continue, she advises the use of orthotics, injections and physical therapy.

Surgery normally isn't considered unless heel pain persists for more than a year and conservative treatment has failed to bring relief.

Neuromas and tendonitis are common foot problems often caused by overly flexible shoes. A neuroma is a pinched nerve between the toes that can cause pain, numbness and a burning sensation in the ball of the foot. Padding, orthotics or injections usually are effective.

Serious runners can be sidelined with tendonitis if they ignore the warning signs of this overuse related condition. "There are several forms of tendonitis that affect the Achilles and other areas, and all are treated with rest, icing, stretching and anti-inflammatory medications, and sometimes orthotics and physical therapy," Dr. Somers says. "Over-zealous training usually causes tendonitis, especially among beginners who try to do too much too soon."

A common myth among athletes is that it's not possible to walk or run if a bone in the foot is fractured. Dr. Somers often hear surprised patients say 'It can't be broken if I can walk on it.' "That's wrong, especially with stress fractures when pain and swelling might not occur for a few days."

If a fracture or sprain is suspected, Dr. Somers advises runners to remember the word RICE as an acronym for rest, ice, compression and elevation. If pain and swelling continues after following the RICE procedure for a few days, make an appointment at Hosey Foot and Ankle Centers for an x-ray and examination.

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The simplest procedure in mild cases of bunions involves shaving the bump and repairing the soft tissue in the big toe joint. Bunions that cause severe discomfort usually require more correction than this procedure provides. In these cases the most common technique involves surgically fracturing and realigning the bones of the big toe. In another procedure a wedge shaped piece of bone from the metatarsal is removed, decreasing the toe's angle of deviation.

In the most severe form of arthritic bunions a total replacement of the joint may be required.

Advanced bunion surgical techniques available at Hosey Foot and Ankle Centers
Dr. Hosey has more than 25 years of experience

in bunion surgery and has seen marathon runners and professional dancers return to their activities following treatment. "We practice the most advanced bunion surgery techniques in the state and are well ahead of similar practices in the tri-county area," Dr. Hosey adds.

"The techniques practiced at Hosey Foot and Ankle Centers are designed to get patients back on their feet and back to work as soon as possible. "We will work with our patients to ensure limited loss of work time," Dr. Hosey says while adding that bunion surgery is 100 percent covered by insurance less any deductible. For additional information contact Hosey Foot and Ankle Centers at 263-4411.



A good round of golf is priceless

So don't let foot pain ruin your golf swing

A round of golf can contribute to good health, both physically and mentally. But Dr. Thomas Hosey, who is an avid golfer himself, says that there are three areas of the foot most likely to cause pain that can ruin your golf swing.



The culprits behind these pain-prone spots can be stiff joints, stretched-out tissues, and even nerve damage. Happily, relief is possible and frequently does not require surgery.

Here are the three major causes of foot pain that lead to poorer scores on the links and clubhouse frustrations.

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

2. 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 say it feels like someone is stabbing them in the heel. Heel pain makes it uncomfortable for golfers to maintain a solid stance during crucial portions of the golf swing.

3. Neuromas are nerves that become thickened, enlarged and painful because they have been compressed or irritated. A neuroma in the ball of the foot can cause significant pain as the body transfers weight from one foot to the other in a golf swing.

Dr. Hosey says that there are several other conditions that can also cause instability during the golf swing. Some athletes and former athletes develop chronic ankle instability due to previous ankle sprains that failed to heal properly. Motion-limiting arthritis and Achilles tendonitis can also affect your balance. And ill-fitting golf shoes can cause corns and calluses that make standing uncomfortable.

“For the majority of patients, I recommend simple treatments such as custom orthotic devices, stretching exercises, changes to your shoes, certain medications, braces and physical therapy,” Dr. Hosey says. “Foot pain is not normal. The right treatments always lead to a painless golf swing, and with practice, a better score on the golf course.”



You can now use your credit card on-line at the Footstore

Patients of Hosey Foot and Ankle Centers can now purchase products from the Footstore on-line using their credit card. The Footstore can be found at www.hoseypodiatry.com.

Patients can also see the products offered by the Footstore at the Garfield Office in Clinton Township.

The products in the Footstore either in the Garfield office or on-line are some of the highest quality foot care products available in the marketplace. Items include creams, lotions, biogels, foot files and pads, as well as an expanding line of orthopedic shoes. The shoes are available for \$95 which includes a patient fitting. Medicare patients who have diabetes can receive one pair of shoes annually for free.



Thomas C. Hosey
DPM, FACFAS



Jennifer L. Somers
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Patients raise \$600 for young bone marrow transplant recipient

More than \$600 was raised at this year's Patient Appreciation Dinner for one-year-old Eric who suffers from Malignant Infantile Osteopetrosis.

More than 300 patients and family members who attended the dinner at the Mirage Banquet Center raised the funds in a 50/50 raffle. Infantile Osteopetrosis is a rare bone disease and that had it been left untreated would have surely been fatal.

Eric's four-year-old brother did prove to be an ideal bone marrow match with a transplant taking place last November at the University of Michigan in Ann Arbor.

"All of the funds raised by our patients will be used to pay for medical bills not covered by insurance," Dr. Thomas Hosey said. "Eric continues to receive regular blood transfusions as the family waits to see whether the transplant is successful."

Infantile Osteopetrosis leads to brittle bones, blood problems, blindness and deafness. A bone marrow transplant is the only known treatment with most patients not living past the age of 10 without the treatment.

New clinic opens April 1 at Beaumont- Troy Medical Building

The newest clinic for Hosey Foot and Ankle Centers opened its doors on April 1 in the Medical Office Building at Beaumont Hospital in Troy. The clinic is located just south of M-59 on the east side of Dequindre.

The new clinic is especially convenient for patients as it is connected to the hospital by a long bridge spanning Dequindre. Imaging and diagnostic labs as well as a pharmacy are also on the premises.

The clinic is designed to serve patients in northern Macomb and Oakland counties. To make an appointment call 263-4411.



Office administrator Jerry Boudreaux
inspects the new Beaumont clinic