

FOOT NOTES

Hosey Foot and Ankle Centers

Spring 2011

Proper shoes and socks key to foot health in spring and summer

Keeping Fit With Springtime Training

With the arrival of spring come changes to warmer weather. And for fitness enthusiasts like runners,



cyclists and hikers, it also means a change in the stress level on your feet when moving from indoor to outdoor activities. For example, a long distance run on a treadmill is not as stressful on the body as the same long distance run on a paved road. A runner that

suddenly changes from running on a treadmill to a paved road may risk injury. Simple precautions like these recommended by the physicians at Hosey Foot and Ankle Centers can be taken however to avoid injury when changing from indoor to outdoor activities.

feet may have a tendency for ankle sprains and may require shoe gear with greater shock absorbing properties than others.

- Replace shoe gear regularly. The support of a shoe rests in the stiffness and flexibility of the “midsole”. The midsole typically expires after 350-500 miles of use. This often occurs before any major evidence of shoe wear that people typically relate with a need for new shoes such as hole in the shoe.

Don't Forget Your Socks



Few athletes recognize how socks play an equally important role in preventing injury. Proper socks can help reduce friction between the foot and shoe to reduce the chance of injury.

A sock's ability to reduce friction depends on the sock fiber composition, how the fibers are woven and the natural ability of the fibers to absorb and wick water away from the foot. Sock fibers that compress easily and retain water offer the least protection from friction while fibers that retain shape and ability to draw water away from the foot offer the most protection. Natural fibers such as cotton and wool retain more moisture and compress more easily than synthetic fibers such as acrylic. A sock composed of a synthetic and natural fiber blend may be combined with a synthetic liner to optimize sheer reduction and moisture control during athletic activity. So the next time you ask yourself if it is time for a new pair of shoes, also consider whether it's time for a new pair of socks.

Make the most of these practical tips with the changes in season and consider how you may need a change in routine, shoes or socks to keep healthy and active.



Proper Shoe gear

Shoe gear selection plays a critical role in athletic performance and preventing injury. The body experiences a range of physical stresses and challenges that vary among sports and between training

surfaces. Shoe gear helps distribute these stresses through the foot and body.

- Be aware of your “general foot type”. Feet range in size, shape and structure and the differences affect how your body manages the stress of athletic activity. High arched feet are more rigid and less adept at shock absorption. People with high arched



MA Cortney Davis joins clinic following foot treatments as an infant

When Medical Assistant Cortney Davis first met Dr. Thomas Hosey, she was just an infant in need of special orthotics and sleep shoe braces to straighten her feet. So successful were her treatments that she took up competitive figure skating for almost 12 years.



That's why she jumped on the opportunity to work with both Dr. Hosey and Dr. Jennifer Somers when a position opened at Hosey Foot and Ankle Centers two years ago. "Both doctors have a wonderful bedside manner," she says. "They take their time explaining medical treatments not only to the patients but to the staff, too. It's always a great learning experience at the clinic."

Raised by her grandparents and a lifelong resident of Clinton Township, Cortney is enrolled in medical courses at Macomb Community College that will prepare her for advanced pre-med or pharmaceutical coursework. "I love working at the practice because many patients can experience real improvements in their health after only a visit or two," she says. "It's gratifying to see positive outcomes following treatment by the doctors."

Cortney's stint as a competitive figure skater had her on the ice by 5 a.m., classes in school all day, and back on the ice in the evening till 8 p.m. Competitions throughout Michigan and other states gave her little time for socializing until leaving the sport when she became a freshman in high school. "Ice skating is a good course of competition in a healthy way," Cortney says. "The coaches were like a second family to me, and when I have my own children I plan to get them on the ice, too."

These days she works at the clinic, takes college classes and enjoys living with her grandparents who are both in their 70s. "I love home life, cooking and spending as much time as possible with my grandparents who have been the most important people to me for my whole life," she says.

Patient Appreciation Dinner benefits a pair of sisters in need

When Father Duane Novelly recently spoke to Dr. Thomas Hosey about a pair of sisters in the community who needed financial aid, Dr. Hosey could not have come up with a better venue to help out.

This year's Patient Appreciation Dinner was held at the Mirage Banquet Center and attracted more than 350 patients from across Macomb and Oakland counties.

"Every year our practice wants to show how thankful we are for the patients that come to Hosey Foot and Ankle Centers," Dr. Hosey says. "This year was our biggest crowd ever, and the most generous."

A 50/50 raffle with proceeds going to a family or individual in need of help in the community has

become a special dinner tradition. Following church services recently Father Novelly of the St. Matthew Catholic Church in Detroit told Dr. Hosey and his wife, Maryann, about the women's financial needs.

Thanks to their concern, patients at the dinner raised some \$511 for the pair which went a long way toward helping pay for living expenses this winter.

Patients also demonstrate their appreciation for the event. The Macomb Daily in a recent Soundoff column printed "We would like to thank Dr. Thomas Hosey and Dr. Jennifer Somers for a fantastically delicious patient appreciation dinner. We appreciate the thought and preparation that went behind the event."



Foot Care During Pregnancy

As a woman goes through the different stages of pregnancy, many things happen to her body, with foot swelling being one of the most common problems. Dr. Jennifer Somers warns that in general, foot swelling often becomes

evident during the fifth month of a woman's pregnancy due to fluid buildup in the feet. While there are

woman's lower body parts, like the legs and feet. When the fluids enter these body parts, they often result in swelling and inflammation.

Keep a healthy and well-balanced diet. This is essential for all pregnant women. If there is a lack of an important food source or the mom-to-be eats unhealthy foods, there is a higher likelihood of toxic waste buildup in the body. Once there is an accumulation of toxic substances, this will lead to feet swelling.

Wear appropriate footwear. Whenever possible, wear the most comfortable and well-fitting pair of shoes. If you must wear high heels for a certain occasion, be sure to wear orthotic insoles designed for high heel shoes. Ask the physicians at Hosey Foot and Ankle Centers for more information about these devices.

Exercise regularly. This is the best remedy for any foot swelling and foot swelling pain. Exercising will help with the proper circulation of fluids and blood within the body.

Other Feet Problems

Swelling isn't the only thing that can happen to your feet while pregnant. Foot collapse is also quite common.

"Because of this, I see a lot of plantar fasciitis during pregnancy," Dr. Somers says. "Plantar fasciitis causes severe pain in the flat part of the heel. This condition is hard to treat in the first two trimesters since the baby is developing. I tend to provide physical therapy modalities and orthotics. Generally the condition corrects itself following the pregnancy."

Finding a good fitting shoe should not be difficult



Wearing comfortable shoes that fit well can prevent many foot ailments. Here are some tips for getting a proper shoe fit.

The size of your feet changes as you grow older so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.

Select a shoe that has a stiff heel counter that stabilizes the heel. The heel counter reinforces the heel cup of a shoe and increase support. A firm, thick heel counter cradles the heel and arch and helps lock the foot into the shoe and anchors it to the mid-sole. That way when your foot strikes the ground your heel will not wobble.

Look for a shoe with a flexible midsole so joints in the toes can flex when walking.

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women who find it difficult to relieve the inflammation of their feet, there are also incidences of swelling that gradually subside after the pregnant woman rests or massages her feet.

Foot Care Tips for Pregnant Women

Dr. Somers offers these foot care tips that in many cases ease the pain and swelling of their feet:

Drink plenty of water. Pregnant women should consume a minimum of 6-8 glasses of fluids and water every day. This will help in the elimination of toxins within the body.

Avoid excessively warm places. This is an important reminder, since high temperatures may lessen the body's water content. When this happens, the amount of fluids within the body of a pregnant woman will experience significant fluctuations.

Refrain from standing for long periods of time. Not only will this lead to aching feet, it will also cause significant swelling. This is due to the fact that there is more flow of the fluids to the pregnant



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Kids need foot care, too

Children with strong, healthy feet avoid many kinds of lower extremity problems later in life. That's why Dr. Thomas Hosey of Hosey Foot and Ankle Centers says it is important to inspect your children's feet periodically at every age..

Infants

The size and shape of your baby's feet change quickly during their first year. Because a baby's feet are flexible, too much pressure or strain can affect the shape of their feet. It's important to allow baby to kick and stretch their feet freely. Also, make sure shoes and socks do not squeeze the toes.

Toddlers

Parents often want to see their infants walk before they are ready. Do not to force the issue. Once walking begins, watch the toddler's gait. Many toddlers have a pigeon-toe gait, which is normal. Some initially learn to walk landing on their toes instead of their heels. Most children outgrow both these problems. But other conditions detected early can be treated more easily.

When Foot Care Is Needed

To help with flatfeet, special shoes or orthotics may be prescribed. To correct mild in-toeing or out-toeing, your toddler may need to sit in a different position while playing or watching TV. If your child's feet turn in or out a lot, corrective shoes, splints, or night braces may be prescribed.

The foot's bone structure is well-formed by the time your child reaches age 7 or 8, but if a growth plate (the area where bone growth begins) is injured, the damaged plate may cause the bone to grow oddly. With a doctor's care, however, the risk of future bone problems is reduced.

Remember to check your child's shoe size often. Make sure there is space between the toes and the end of the shoe and that the shoes are roomy enough to allow the toes to move freely. And don't let your child wear hand-me-downs shoes.

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Finding a good fitting shoe should not be difficult

The proper length of a shoe is achieved when the distance equivalent to the width of the baby finger comes between the front of the shoe and your longest toe, usually the big toe or second toe depending on the shape of your foot.

Look for shoes that have extra depth. This extra depth gives you more room in the shoe for your heel and toes as well as adequate room for a custom orthotic.

The proper width of the shoe is also very important. If the shoe feels sloppy but the shoe's length is correct, try a narrower width versus a smaller size. If the shoe feels too tight but the length is correct, look for a wider shoe.

Wearing improper shoes, especially if you pronate either way (over or under) is going to give you problems including shin splints and increased knee ailments. Shoes that incorporate a block—a semi-rigid plastic shank in the middle of the shoe—reduces inward rotation and will help you avoid a number of potential foot problems.