

# FOOT IN NOTES

Hosey Foot and Ankle Centers

Spring 2012

## Here are some tips to right size your high heels

It's no secret that high heels are very in for Spring 2012. And it's also no secret that high heels are not great for your feet.

"Most of the women I see in my office are wearing the wrong size shoe, especially when it comes to high heels," says Dr. Jennifer Somers. "They are relying on heel-to-toe measurements." Unfortunately, heel-to-toe measurements are impossible to use as a guide due to the variability of toe-box lengths. When fitting high heel shoes, the only measurement that matters is heel-to-ball.

A couple of photos to illustrate this point. One image shows a properly fitting high heel, which has full arch support. Another image shows the same foot resting on a short heel-to-ball or arch length. A short heel-to-ball fit typically occurs in one of two ways.

1) The arch of the shoe is too short for the patient's arch either by style or size. This is the case where the foot measurement says size 9 and the patient is wearing a size 8 shoe. No matter how much padding is provided underneath the ball of the foot, this mismatch will always produce pain.

2) The volume of the shoe exceeds the patient's foot volume and her foot slides forward, losing heel-to-ball support. This is one of the main

reasons high heels feel great in the shoe salon but

are painful when people wear them outside. There are no hills in the shoe salon. There is only soft cushioned carpeting. Sliding does not occur until the patient walks down the first hill or quickly crosses the street. In this case, the height of the heel pushes the patient's forefoot forward as she goes.



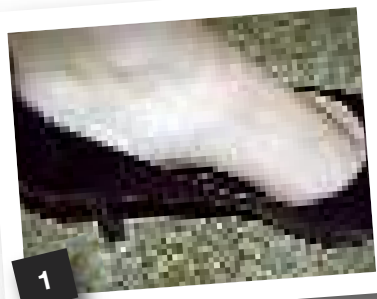
**Due to the design of high heeled shoes, exact fit is required and women should settle for nothing less. T-strap styles and Mary Jane styles with an adjustable strap to secure the foot are good choices for high heels. They keep the foot centered on the arch and prevent it from sliding forward into the narrower toe box part of the shoe.**

But don't throw out all your high heel shoes just yet. Follow these simple guidelines to avoid foot problems:

**Don't wear** high heels every day – instead, alternate with flats or heels one inch high or less.

**Don't wear** the same pair of shoes every day – by alternating between different shape shoes, your feet and toes will not be subjected to the same pressure points everyday.

**Limit the length of time your feet are forced into high heels and tight fitting shoes.**





## Heel pain in kids is not something to “Play Through”

With school sports seasons soon to be in full swing, it’s important to remember young athletes should never “play through the pain” in their feet. Left



untreated, heel pain can lead to difficulty in walking that may require complicated therapy or treatment.

‘Our office always sees an increase in young patients reporting

heel pain caused by summer sports such as football, soccer and basketball,” says Dr. Jennifer Somers. “Obesity is also emerging as another prominent cause of heel pain even with students in physical education class activities. The

good news is that kids generally heal very quickly and treatment may be simple if it is taken care of promptly.”

Kids undergoing growth spurts are especially susceptible to heel pain starting at age 8 until around age 13 for girls and 15 for boys. The source of the pain is usually the growth plate of the heel bone, a strip of soft tissue where new bone is forming to accommodate adolescents’ lengthening feet. Overuse, repeated pounding or excessive force on the Achilles tendon can cause inflammation and pain.

For many teenagers, the growth plate has completely closed, and heel pain is caused by other conditions such as plantar fasciitis, tendonitis, bursitis, bone bruises or fractures.

“The only way to diagnose your child’s pain is to have them examined,” Dr. Somers says. “Parents sometimes have a tendency to give it time and see if the pain goes away. But if symptoms persist, it’s best to make an appointment with our office to make an accurate diagnosis and to avoid complications.”

## Kim Memmer has been a caregiver all her life

When patients leave the Hosey Foot and Ankle Centers clinic on Garfield, they more often than not meet up with Kim Memmer of the billing department. Kim will make their next appointment, check on their insurance coverage, and even sell them items from the clinic’s Foot Shop. But just as important, Kim likes to treat the patients she has come to know like family members.



“I have been in the medical field since I was 16 years old,” Kim says. She has worked as a nurse’s aide in both nursing home and hospital settings in areas ranging from geriatrics to

pediatrics. Kim’s love of care giving also extends to her private life having taken care of both her mother-in-law and an aunt.

“I have always enjoyed taking care of people; I believe it is something you are born with,” she says. Almost 10 years ago she and her husband adopted a four-month-old baby from South Korea. They named him Mathew and he’s now active in soccer, bowling and karate. “He has a half-brother who lives in Wixom so they get to meet up every holiday and on their birthdays,” she says.

Working with patients at Hosey Foot and Ankle Centers is second nature for Kim. “You really get to know them after a couple of appointments and I look forward to being able to chat for a bit before they leave,” Kim says. “We have a very close-knit staff and we want to project that sense of family to our patients, too.”

Kim recommends all of the items for sale in the clinic’s Foot Shop. Lotions, biofreeze pain relievers, compression and diabetic stockings, and well-fitting shoes for men and women are some of the shop’s fastest moving items. “It’s a wonderful service that’s very convenient for our patients,” she says.



# Air travel is not always an easy trip for your feet

Leg and foot swelling during air travel is common and typically harmless. The most likely culprit is inactivity during a flight.

“Sitting with your feet on the floor for a long period often causes blood to pool in your leg veins, and that can become uncomfortable,” says Dr. Thomas Hosey who is no novice at air travel. Dr. Hosey periodically travels cross country for medical conferences and advanced training. In addition, he pilots his own aircraft for pleasure and sometimes for flights of mercy for patients who

have no alternate means to travel to specialized hospital facilities.

To relieve foot swelling during a flight Dr. Hosey recommends the following:

1. **Watch What You Eat.** On the day before and day of your flight, avoid salt as much as possible. Sodium can cause your body to retain more fluid, making foot swelling more likely.
2. **Drink Water.** Drinking lots of water leading up to and on the day of your flight will keep you hydrated.
3. **Walk Around.** Get your blood flowing by walking around a couple times per hour. Even if it’s just to walk up and down the aisle, it’ll keep your blood circulating. This is especially important on flights over 2 hours.
4. **Store Your Bags Overhead.** If your feet have to

share space with your carry-ons, they’ll be even more cramped and prone to swelling.

5. **Ask for an Aisle Seat.** When possible, ask to sit in an aisle seat so you’ll have more opportunity to get up and move around. Bulkhead and emergency exit seats also provide more room for your legs to stretch out.
6. **Massage Those Toes.** Kicking off your shoes and massaging your feet will stimulate blood flow and reduce swelling.
7. **Don’t Cross Your Legs.** Your circulation will already be slowed when you sit for hours. Crossing your legs will only cut it off more.
8. **Wear Proper Footwear.** Wear compression socks or hose and avoid normal socks that cut off at the ankle. Compression socks are available in the Garfield clinic’s Foot Store. Slip-on shoes are also easier to remove to massage your feet.

“Foot swelling isn’t a serious problem if it lasts only a short time,” Dr. Hosey says. But excessive swelling that persists for several hours after you resume activity may be due to a more serious condition, such as a blood clot in the leg (deep vein thrombosis DVT), especially if the swelling occurs in only one leg and is accompanied by leg pain.

DVT is a condition where blood clots form in the leg or sometimes elsewhere.

“If you experience these signs and symptoms, call one of our clinics for an appointment,” Dr. Hosey says. “If you’re at increased risk of blood clots — because you recently had major surgery or you take birth control pills, for example, make an appointment for a consultation prior to the flight.”



## Golfers: Don’t be handicapped by foot pain

This summer when you head to your favorite golf course, make sure your feet are in shape before you approach the tee.

Dr. Thomas Hosey, himself an avid golfer, often meets up with golfers who don’t realize that foot pain can be an

obstacle to the perfect golf swing. “As your body transfers weight from one foot to the other during your swing, the nerves in the ball of your foot may become compressed or irritated and can cause pain,” Dr. Hosey says. “Another source for pain may be from your big toe joint. When you follow through on your golf swing, the big toe joint on the back foot may bend too far, eventually wearing out the cartilage or jamming the joint. The wear and

tear can lead to painful arthritis.” Heel pain can also make it uncomfortable for you to keep a solid stance during critical parts of your swing. If these areas are causing you discomfort while on the links, call the physicians at Hosey Foot and Ankle centers to schedule an appointment. There are many treatment options available to help keep your golf swing pain free.



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## Don't let your lawnmower cut short your summer fun



When mowing your lawn this season, be sure to protect your feet and the feet of those around you. Each year the physicians at Hosey Foot and Ankle Centers see patients who have been hurt while operating a lawnmower barefoot. Take caution when mowing and remember:

- Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.
- Wear heavy shoes or work boots when mowing – no sneakers or sandals. Well fitting shoes give you the support necessary to control the lawnmower on uneven ground.

- Don't allow small children to ride on your lap while on a lawn tractor. Children can be severely injured by the blades when getting on or off the machine.
- Mow across slopes, never go up or down.
- Never pull a running mower backwards.
- Keep children away from the lawn when mowing.
- Keep the clip bag attached when operating a power mower to prevent projectile injuries.
- Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.

If you or someone around you is injured by a mower, be sure to seek treatment immediately. Superficial wounds can be treated on an outpatient basis at our office or at your closest emergency department. More severe wounds may need surgical intervention to repair damage.

Caring for your lawn can be an enjoyable summer experience. Just make sure you use caution to protect yourself from injury.

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