

Foot and Ankle Medical Clinic

Meet the Doctors

Cameron Payne Recovering from Fractured Bone

Cameron Payne had to take a break for six weeks as he was recovering from a fractured bone in his right foot, sustained during September's Blue-White Scrimmage. Payne had broken his fifth metatarsal this same year, and had to have surgery in July. Following consultations with specialists, Payne opted not to have further surgery for the metatarsal injury. Thunder general manager had originally intended for Payne to be re-evaluated within six to eight weeks. This meant that Payne would miss the start of the regular season.

A broken foot requires immediate medical attention and treatment. If you need your feet checked, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

Broken Foot Causes, Symptoms, and Treatment

A broken foot is caused by one of the bones in the foot typically breaking when bended, crushed, or stretched beyond its natural capabilities. Usually the location of the fracture indicates how the break occurred, whether it was through an object, fall, or any other type of injury.

Common Symptoms of Broken Feet:

- Bruising
- Pain
- Redness
- Swelling
- Blue (foot)
- Numbness
- Cold
- Misshapen
- Cuts
- Deformities

Those that suspect they have a broken foot should seek urgent medical attention where a medical professional could diagnose the severity.

Treatment for broken bones varies depending on the cause, severity and location. Some will require the use of splints, casts or crutches while others could even involve surgery to repair the broken bones. Personal care includes the use of ice and keeping the foot stabilized and elevated.

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[Read more about Broken Feet](#)

Treating Athlete's Foot

For those who have athlete's foot, most conditions can be treated with over-the-counter antifungal medications such as powders, sprays, or creams. However, more severe conditions should be diagnosed by a doctor. Proper hygiene is essential for ensuring that your feet are able to fight off the infection. Your feet should be kept clean and dry in the toe area, and make sure to wear socks that are breathable. Change your shoes and socks as necessary to prevent moisture build up on your feet. Avoid going barefoot in public pools or locker room areas.

For more information about how to treat and prevent Athlete's foot, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

Athlete's Foot: The Sole Story

Athlete's foot, also known as tinea pedis, can be an extremely contagious foot infection. It is commonly contracted in public changing areas and bathrooms, dormitory style living quarters, around locker rooms and public swimming pools, or anywhere your feet often come into contact with other people.

Solutions to Combat Athlete's Foot

- Hydrate your feet by using lotion
- Exfoliate
- Buff off nails
- Use of anti-fungal products
- Examine your feet and visit your doctor if any suspicious blisters or cuts develop

Athlete's foot can cause many irritating symptoms such as dry and flaking skin, itching, and redness. Some more severe symptoms can include bleeding and cracked skin, intense itching and burning and even pain when walking. In the worst cases, athlete's foot can cause blistering as well. Speaking to your podiatrist will give you a better understanding of the different causes of Athlete's foot, as well as helping you figure out which treatment options are best for you.

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[Read more about Athlete's Foot](#)

Tyler Seguin Sustains Stress Fracture Injury

Dallas Stars center Tyler Seguin suffered a hairline fracture foot injury during the World Cup of Hockey exhibition game on September 9, according to an MRI. The original prognosis suggested Seguin “take seven to 10 days off skates.” Seguin had recovered from a previous Achilles injury and had to sit out for several months during playoffs.

Stress fractures can become painful if left untreated for an extended period of time. If you would like assistance in treating a stress fracture, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

Coping with Podiatric Stress Fractures

Stress Fractures occur on the foot and ankle when muscles in these areas weaken as a result of overexertion or underuse. As a result, the ankles and feet lose support when walking or running from the ground. Since these bones are not protected, they receive the full impact of each step. The stress on the feet causes the bones to form cracks.

What are Stress Fractures?

Stress Fractures are very common among those who are highly active and involved in sports or activities that make excessive use of their legs and feet. Stress fractures are especially common among:

- athletes (gymnasts, tennis players, basketball players)
- runners/joggers
- osteoporosis patients
- those who engage in high-intensity workouts

Stress Fracture Symptoms

Pain from the fractures occur in the area of the fractures, and can be either constant or periodic. The pain is usually sharp or dull, accompanied by swelling and tenderness. Engagement in any kind of high impact activity will exacerbate the pain.

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Read more about Stress Fractures

Reducing Blood Pressure Helps Reduce Gout

Recent research conducted at John Hopkins University School of Medicine indicates that diets that aid in reducing blood pressure also help in combating gout, “a painful form of arthritis that tends to hit people later in life.” According to the journal *Arthritis & Rheumatology*, a diet rich in foods such as fruits and vegetables and low in fats can help reduce uric acid levels. Gout occurs when your body produces too much uric acid in response to eating a diet full of compounds called purine, leading to symptoms of painful burning in our joints, particularly in our toes and feet.

Gout is a foot condition that requires certain treatment and care. If you have any concerns regarding gout, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

What is Gout?

Gout is a type of arthritis caused by a buildup of uric acid in the bloodstream. It often develops in the foot, especially the big toe area, although it can manifest in other parts of the body as well. Gout can make walking and standing very painful and is especially common in diabetics and the obese.

People typically get gout because of a poor diet. Genetic predisposition is also a factor. The children of parents who have had gout frequently have a chance of developing it themselves.

Gout can easily be identified by redness and inflammation of the big toe and the surrounding areas of the foot. Other symptoms include extreme fatigue, joint pain, and running high fevers. Sometimes corticosteroid drugs can be prescribed to treat gout, but the best way to combat this disease is to get more exercise and eat a better diet.

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Read more about Gout

The Importance of Proper Fitting Shoes

Properly-fitting athletic shoes not only help with enhancing performance but can help prevent injuries as well. When choosing athletic shoes, opt for buying them toward the end of the day, as your feet swell during the day. Wear the respective socks you would use when using your athletic shoes, make sure there is toe room to wiggle and that the shoes are comfortable. Test the shoes by running in them to ensure that they are comfortable, and ensure that there is a firm grip of the shoe to your heels.

Finding a properly-fitting shoe is important in reducing injuries and preventing foot problems. For more information about treatment contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

Proper Shoe Fitting

A common concern when it comes to foot health, having properly fitted shoes can help prevent injuries to the foot. Our feet affect our posture and gait, which in turn affects the biomechanics and overall bodily structure. With 33 joints, 26 bones, and over 100 ligaments, the potential for serious injury is much greater than one realizes. Although the feet cease growth in adulthood, they still change shape as they mature. Here are some factors to consider when it comes to investing in proper fitting shoes:

- Be sure the shoes fit correctly right away
- Ensure the ball of your foot fits comfortably in the widest portion of the shoes
- Even though they may look fashionable, improper fitting shoes can either create adverse conditions or exacerbate existing ones you may already have

- Walk along a carpeted surface to ensure the shoes comfortably fit during normal activity

Keeping in mind how shoes fit the biomechanics of your body, properly-fitting shoes is vitally important. Fortunately, it is not difficult to acquire footwear that fits correctly. Be sure to wear shoes that support the overall structure of your body. Do your feet a favor and invest in several pairs of well-fitted shoes today.

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Read more about proper shoe fitting.

Avoid Delaying Plantar Fasciitis Treatment

Approximately 2 million people are treated for plantar fasciitis each year. If left untreated, the condition can lead to further long-term issues, such as knee, hip, and back pain. Plantar fasciitis occurs when the plantar fascia, the band of tissue lining the bottom of the foot, becomes inflamed or irritated due to too much strain. Those who are more prone to developing plantar fasciitis have flat feet or either high arches.

Plantar fasciitis can be very painful and inconvenient. If you are experiencing heel pain or symptoms of plantar fasciitis, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will do everything possible to treat your condition.

What is Plantar Fasciitis?

Plantar fasciitis is the inflammation of the thick band of tissue that runs along the bottom of your foot, known as the plantar fascia, and causes mild to severe heel pain.

What Causes Plantar Fasciitis?

- Excessive running
- Non-supportive shoes
- Overpronation
- Repeated stretching and tearing of the plantar fascia

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices
- Shockwave therapy – sound waves are sent to the affected area to facilitate healing and are usually used for chronic cases of plantar fasciitis
- Surgery – usually only used as a last resort when all else fails. The plantar fascia can be surgically detached from the heel

While very treatable, plantar fasciitis is definitely not something that should be ignored. Especially in severe cases, speaking to your doctor right away is highly recommended to avoid complications and severe heel pain. Your podiatrist can work with you to provide the appropriate treatment options tailored to your condition.

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[Read more about Plantar Fasciitis](#)

Symptoms of Toenail Fungus

It is possible for fungi to appear under your toenail and cause an infection. There are some symptoms that you should look out for if you suspect that you have toenail fungus. If your toes are a darker white, or more yellow than usual, there is a chance that you may have toenail fungus. Another symptom of toenail fungus is toenails that have a strong unpleasant odor. Lastly, you should beware of toenails that are painful and disrupt your walking. This is another sign that you may have a toenail fungus.

While toenail fungus is troublesome to eradicate, it is not impossible. For more information about treatment, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can provide the care you need to keep your pain free and on your feet.

Toenail Fungus Treatment

Toenail fungus is a problem which affects many people and is hard to get rid of. Fortunately, there are several methods to go about treating toenail fungus.

Antibiotics & Treatments

Lamisil – is the most commonly effective treatment for toenail fungus. It is available as an antibiotic Terbinafine tablet and cream. Terbinafine is a chemical component which kills fungal growth on the body. Applying regular doses will gradually kill the fungal growth. It is important to keep the area clean and air free.

Talcum powder – applying powder on the feet and shoes helps keep the feet free of moisture and sweat.

Sandals or open toed shoes – wearing these will allow air movement and help keep feet dry. They also expose your feet to light, which fungus cannot tolerate. Socks with moisture wicking material also help as well

Alternative Treatments

There are always surgical procedures that are available for toenail fungus. Some people would like immediate quick removal of toenail fungus. Surgeons will be able to cut through and remove the growth using laser surgery. It is important not to try and remove it yourself. Once removed, your old shoes will need to be replaced to avoid reinfection.

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Read more about Toenail Fungus

Ingrown Toenails Can Affect Anyone

Ingrown toenails, or onychocryptosis, can affect anyone of any age or gender, and it generally affects the big toe. Causes of ingrown toenails include tight-fitting shoes, infections or injury to the nail, and cutting your toenails too short. Practicing good foot hygiene is also important in ensuring that your toenails stay healthy. Avoid cutting the nails in a rounded shape at the sides and make sure that your shoes are comfortable.

Ingrown toenails can be an easy fix if treated properly. If you are suffering from an ingrown toenail, High heels can create a myriad of foot and ankle problems. If you have any concerns about your feet consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Ingrown Toenails

Ingrown toenails occur when a toenail grows sideways into the bed of the nail, causing pain, swelling, and possibly infection.

Causes

- Bacterial infections
- Improper nail cutting such cutting it too short or not straight across
- Trauma to the toe, such as stubbing, which causes the nail to grow back irregularly
- Ill-fitting shoes that bunch the toes too close together
- Genetic predisposition

Prevention

Because ingrown toenails are not something found outside of shoe-wearing cultures, going barefoot as often as possible will decrease the likeliness of developing ingrown toenails. Wearing proper fitting shoes and using proper cutting techniques will also help decrease your risk of developing ingrown toenails.

Treatment

Ingrown toenails are a very treatable foot condition. In minor cases, soaking the affected area in salt or antibacterial soaps will not only help with the ingrown nail itself, but also help prevent any infections from occurring. In more severe cases, surgery is an option. In either case, speaking to your podiatrist about this condition will help you get a better understanding of specific treatment options that are right for you.

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[Read More about Ingrown Toenails](#)

High Heels Can Cause Stress Fractures

There are a lot of health risks that come along with wearing high heels. High heels point the toes downward, which loads feet with the full weight of the bodies. As a result, foot, leg, and back muscles are forced out of alignment, and this causes damage to other parts of the body. They can also cause stress fractures due to the excessive pressure being put on the ball of the foot. Heel pain is another issue commonly experienced by women who wear high heels. It is important to weigh the advantages and disadvantages of heels before deciding to wear them.

High heels can create a myriad of foot and ankle problems. If you have any concerns about your feet consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Effects of High Heels on the Feet

High heels are popular shoes among women because they are associated with femininity. Despite their appeal, they can cause many health problems if worn too frequently.

What parts my body will be affected by high heels?

- Ankle Joints
- Achilles Tendon – may shorten and stiffen with prolonged wear
- Balls of the Feet
- Knees – heels cause the knees to bend constantly, creating stress on them
- Back – they decrease the spine's ability to absorb shock, which may lead to back pain. Also, the vertebrae of the lower back may compress.

What kinds of foot problems can develop from wearing high heels?

- Corns
- Calluses
- Hammertoe
- Bunions
- Morton's Neuroma
- Plantar Fasciitis

How can I still wear high heels and maintain foot health?

If you want to wear high heeled shoes, make sure that you are not wearing them every day, as this will help prevent long term physical problems. Try wearing thicker heels as opposed to stilettos to distribute weight more evenly across the feet. Always make sure you are wearing the proper shoes for the right occasion, such as sneakers for exercising. If you walk to work, try carrying your heels with you and changing into them once you arrive at work. Adding inserts to your heels can help cushion your feet and absorb shock; you can buy either full inserts or metatarsal pads.

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Read more about the effects of high heels.

Geathers Breaks Bone in Foot

Indianapolis Colts' safety, Clayton Geathers, recently broke a bone in his foot and was placed on the non-football injury list. Geathers is expected to miss most, if not all of the preseason. Rookie T.J. Green is scheduled to fill Geather's spot until he fully recovers. This could be an opportunity for Green to earn an important role on the team.

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Treatment for broken bones varies depending on the cause, severity and location. Some will require the use of splints, casts or crutches while others could even involve surgery to repair the broken bones. Personal care includes the use of ice and keeping the foot stabilized and elevated.

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[Read more about Broken Feet](#)

Daily Foot Care for Older Adults

When it comes to health care, many older adults often overlook taking care of their feet. The elderly are prone to foot problems that can include itching and burning feet due to dry skin, bunions, thickened skin due to calluses and corns, hammertoes, toenail problems, and heel pain. To combat and prevent these issues, older adults should moisturize their feet and apply lotion every day, wear shoes that fit their feet better, consider over-the-counter medication to alleviate pain, and use toenail clippers specifically for toenails to prevent ingrown toenails.

Regardless of season or weather, everyday foot care should be practiced year round. For more information about everyday foot care, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with the foot- and ankle information you seek.

Everyday Foot Care

Often, people take care of their bodies, face and hair more so than they do for their feet. But the feet are a very important aspect of our bodies, and one that we should pay more attention to. After all, without our feet, we would not be able to perform most daily tasks. It is best to check your feet regularly to make sure there are no new bruises or cuts that you may not have noticed before, for example.

For dry feet, moisturizer can easily be a remedy and can be applied as often as necessary to the affected areas. Wearing shoes that fit well can also help you maintain good foot health, as well as making it easier to walk and do daily activities without the stress or pain of ill-fitting shoes, high heels, or even flip flops.

Also, wearing clean socks with closed shoes is important to ensure that sweat and bacteria do not accumulate within the shoe. Clean socks help to prevent athlete's foot, fungi problems, bad odors, and can absorb sweat.

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[Read more about Everyday Foot Care](#)

All Runners susceptible to Injuries

Both inexperienced and professional runners are prone to the occasional running injury. Injuries such as runner's knee, shin splints, plantar fasciitis, and stress fractures can happen to anyone. Runner's knee and shin splints can be prevented by strengthening the hips and making the hamstrings, calves, and quadriceps more flexible. Plantar fasciitis can be prevented by frequently stretching the calves and ensuring one wears the correct shoes while running. Prevent stress fractures by avoiding overloading the feet.

Running injuries, even with proper precautions, can still occur in many runners. If you are suffering from a running injury, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

How to Prevent Running Injuries

Many common running injuries are caused by overuse and overtraining. When the back of the kneecap starts wearing out and starts causing pain in your knee, this is commonly referred to as runner's knee. Runner's knee is a decrease in strength in your quadriceps and can occur if you're not wearing properly fitted or supporting shoes. To prevent runner's knee, focusing on hip strengthening is a good idea, as well as strengthening your quads to keep the kneecaps aligned.

What Are Some Causes of Running Injuries?

- One cause of a common running injury is called iliotibial band syndrome.
- Plantar fasciitis is also another common injury.
- Stress fractures can occur from overtraining, lack of calcium, or even your running style.

Best Ways to Prevent Running Injuries

- Wear footwear that fits properly and suits your running needs.
- Running shoes are the only protective gear that runners have to safeguard them from injury.
- Make a training schedule. Adding strengthening exercises as well as regular stretching can help keep you strong and limber and can lessen the possibility of injuries.
- Stretching keeps muscles limber, this will help you gain better flexibility.

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Read more about [How to Prevent Running Injuries](#)

Plantar Fasciitis Often Behind Foot Pain

Plantar fasciitis is a foot condition that is often the source behind many cases of foot pain. The condition occurs when the tendon along the bottom of the foot becomes swollen and painful. Plantar

fasciitis risk factors can include: being female, being overweight, working in a job profession in which there is a great amount of walking or standing on a hard surface for long periods of time, regularly walking or running long distances, and having tight calf muscles, flat feet or high arches.

Plantar fasciitis can be very painful and inconvenient. If you are experiencing heel pain or symptoms of plantar fasciitis, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your feet.

What is Plantar Fasciitis?

Plantar fasciitis is the inflammation of the thick band of tissue that runs along the bottom of your foot, known as the plantar fascia, and causes mild to severe heel pain.

What Causes Plantar Fasciitis?

- Excessive running
- Non-supportive shoes
- Overpronation
- Repeated stretching and tearing of the plantar fascia

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices
- Shockwave therapy – sound waves are sent to the affected area to facilitate healing and are usually used for chronic cases of plantar fasciitis
- Surgery – usually only used as a last resort when all else fails. The plantar fascia can be surgically detached from the heel

While very treatable, plantar fasciitis is definitely not something that should be ignored. Especially in severe cases, speaking to your doctor right away is highly recommended to avoid complications and severe heel pain. Your podiatrist can work with you to provide the appropriate treatment options tailored to your condition.

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Read more about Plantar Fasciitis

Barefoot Running May Decrease Risk of Injury

Scientists have found that barefoot running can decrease the risk of injury. However this is only true if it is done properly. Running barefoot allows contact between the foot and ground to begin in the metatarsal area, which is how our feet are supposed to function naturally. Footwear causes us to initiate

contact with the ground at the heel area which is the exact opposite of how our feet are supposed to work.

If you have any questions about barefoot running, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Barefoot Running

Barefoot running is a fairly popular trend in the running world. More than just simply ‘running without shoes,’ barefoot running affects the way your feet hit the ground and your overall posture. Barefoot runners land on the front part of their feet as opposed to those who wear shoes, who usually strike their heel as they hit the ground.

Barefoot running contains many advantages, including:

- A lower risk for ankle and foot injuries
- Improvement in balance and body posture
- Strengthens muscles in the lower legs, ankles and feet that are not normally worked when wearing shoes

There are also some disadvantages to barefoot running, which include:

- Lack of shoes increases the risk of incurring blisters, scrapes, bruises and cuts
- Risk of Achilles tendonitis as a result of landing on the front of your feet constantly
- Needing time and transition to adjust as the switch cannot be automatic

Start on even, flat surfaces and consider investing in minimalist running shoes. Minimalist running shoes provide the ‘feel’ of barefoot running while affording the same protection you get from wearing shoes. Barefoot running can be safe and enjoyable with the proper planning and transition.

If you have any questions, please feel free to contact our office located in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about barefoot running.

Treating Your Plantar Warts

There are a lot of common foot conditions that can easily be fixed. Bunions, athlete’s foot, plantar warts, gout, ingrown toenails, and toenail fungus are all conditions that can be treated with ease. For example, ingrown toenails can be treated by soaking your feet in warm water mixed with Epsom salt for twenty minutes. Bunions can be fixed using toe spacers, but some may need surgical removal. Plantar warts can usually be treated by soaking the foot to soften the wart.

If not treated properly, plantar warts can exacerbate and become debilitating. If you would like medical assistance regarding plantar wart treatment, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your feet.

About Plantar Wart

Plantar warts are the result of human papillomavirus (HPV) getting into the feet through tiny cuts or abrasions. Typically, plantar warts are contracted through walking barefoot on dirty surfaces since the virus thrives in warm and moist environments. They are mostly found on the heels or balls of the feet.

While plantar warts are generally harmless, those experiencing excessive pain, suffering from diabetes or a compromised immune system require immediate medical care. Plantar warts are easily diagnosed, usually through scraping off a bit of rough skin or by getting a biopsy.

Symptoms

- Lesions on the bottom of your feet, usually rough and grainy
- Hard or thick callused spots
- Wart seeds, which are small clotted blood vessels that look like little black spots
- Pain, discomfort, or tenderness of your feet when walking or standing

Treatment

- Freezing
- Electric tool removal
- Laser Treatment
- Topical Creams (prescription only)
- Over-the-counter medications

To help prevent developing plantar warts, avoid walking barefoot over abrasive surfaces that can cause cuts or wounds for HPV to get into. Avoiding direct contact with other warts, as well as not picking or rubbing existing warts, will help prevent the further spread of plantar warts. If you think you have developed plantar warts, it is best to speak with your podiatrist. He or she can diagnose the warts on your feet and recommend the appropriate treatment options.

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Read more about Plantar Warts

Bryan Mitchell Sustained Grade 3 Turf Toe Injury

Socrates Brito of the Arizona Diamondbacks has been placed on the disabled list for 15 days after a battle with a broken toe. While Brito was able to play a full game before Reno, he was eventually placed as optional because his injuries were questionable. The outfielder was replaced by Brandon Drury despite hitting .211 in 13 games.

A broken toe is extremely painful and needs immediate attention. If you have any concerns about your feet contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your feet.

What to Know About a Broken Toe

Although most people try to avoid foot trauma such as banging, stubbing, or dropping heavy objects on their feet, the unfortunate fact is that it is a common occurrence. Given the fact that toes are positioned in front of the feet, they typically sustain the brunt of such trauma. When trauma occurs to a toe, the result can be a painful break (fracture).

Symptoms of a Broken Toe

- throbbing pain
- swelling
- bruising on the skin and toenail
- the inability to move the toe
- toe appears crooked or disfigured
- tingling or numbness in the toe

Generally, it is best to stay off of the injured toe with the affected foot elevated.

Severe toe fractures may be treated with a splint, cast, and in some cases, minor surgery. Due to its position and the pressure it endures with daily activity, future complications can occur if the big toe is not properly treated.

If you have any questions, please feel free to contact one of our offices located in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about broken toes.

High Heels May Cause Corns

Although high heels are fashionable, they should not be your first choice in footwear if you care about your foot health. Corns are one of the many issues that stem from wearing heels, though they can easily be prevented. Corns are an area of thickened skin on the foot, and they mainly occur near the toes. They are the result of repeated pressure on the skin. It is important to wear appropriate footwear in order to maintain healthy and beautiful feet.

If you have any concerns about your feet and ankles contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can provide the care you need to keep your pain free and on your feet.

Corns: What are they? And how do you get rid of them?

Corns can be described as areas of the skin that have thickened to the point of becoming painful or irritating. They are often layers and layers of the skin that have become dry and rough, and are normally smaller than calluses.

Ways to Prevent Corns

There are many ways to get rid of painful corns such as wearing:

- Well-fitting socks
- Comfortable shoes that are not tight around your foot
- Shoes that offer support

Treating Corns

Treatment of corns involves removing the dead skin that has built up in the specific area of the foot. Salicylic acid can help in getting rid of these corns because it dissolves keratin, which is the protein that makes up a good majority of corns. Podiatrists recommend that people with diabetes not use salicylic acid but should consult with their podiatrist regarding the treatment of corns.

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Read more about Corns on the Feet.

Jonathan Woodard tears Achilles tendon

Jacksonville Jaguars' defensive end Jonathan Woodard recently announced that he tore his Achilles tendon. Although he underwent successful surgery to repair the damage, he will be placed on the physically unable to perform list and may miss the entire 2016 season. He suffered the injury when he planted his foot while maneuvering around a tackling dummy.

Achilles tendon injuries can be very painful. If you believe you are having problems with your Achilles tendon, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will answer any of your foot- and ankle-related questions.

What is the Achilles Tendon?

The Achilles tendon is a tendon that connects the lower leg muscles and calf to the heel bone of the foot. It is the strongest tendon in the human body and is essential for making movement possible. Because this tendon is such an integral part of the body, any injuries to it can cause severe difficulties and should immediately be presented to a doctor.

What are the symptoms of an Achilles Tendon Injury?

There are various types of injuries that can affect the Achilles tendon. The two most common are Achilles tendinitis and ruptures of the tendon.

Achilles Tendinitis Symptoms

- Inflammation
- Dull to Severe Pain
- Increased blood flow to the tendon
- Thickening of the tendon

Rupture Symptoms

- Extreme pain and swelling in the foot
- Snapping sensation
- Total immobility

Treatment and Prevention

Achilles tendon injuries are diagnosed by a thorough physical evaluation, which can include an MRI. Treatment involves rest, physical therapy, and in some cases, surgery. However, various preventative measures can be taken to avoid these injuries, such as:

- Thorough stretching of the tendon before and after exercise
- Strengthening exercises like calf raises, squats, leg curls, leg extensions, leg raises, lunges, and leg presses

If unable to immediately see your podiatrist, remember to Rest, Ice, Compress, and Elevate until then.

If you have any questions, feel free to contact our office in Texas. We offer the latest in diagnostic and treatment technologies to meet all your needs.

[Read more about Achilles Tendon Injuries](#)

Specific Groups are more Prone to Sports-Related Injuries than others

Those who have taken a leave from a particular sport but decide to resume are reported by the CDC to be at a higher risk of sports-related injuries. Adolescents are especially prone to injury--"collision or contact sports have higher injury rates--football, basketball, baseball, and soccer account for about 80% of all sports-related emergency room visits for children between 5 and 14 years of age." It's important that you address any sudden pain symptoms in your legs or feet. Different treatment options for addressing pain symptoms include ice or heat therapy and anti-inflammatory drugs.

A sports related foot or ankle injury can become troublesome if left untreated, especially for athletes. If your feet are hurting, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Sport Related Foot and Ankle Injuries

Foot and ankle injuries are a common occurrence when it comes to athletes of any sport. While many athletes dismiss the initial aches and pains, the truth is that ignoring potential foot and ankle injuries can

lead to serious problems. As athletes continue to place pressure and strain the area further, a mild injury can turn into something as serious as a rupture and may lead to a permanent disability. There are many factors that contribute to sports related foot and ankle injuries, which include failure to warm up properly, not providing support or wearing bad footwear. Common injuries and conditions athletes face, including:

- Plantar Fasciitis
- Plantar Fasciosis
- Achilles Tendinitis
- Achilles Tendon Rupture
- Ankle Sprains

Sports-related injuries are commonly treated using the RICE method. This includes rest, applying ice to the injured area, compression and elevating the ankle. More serious sprains and injuries may require surgery, which could include arthroscopic and reconstructive surgery. Rehabilitation and therapy may also be required in order to get any recovering athlete to become fully functional again. Any unusual aches and pains an athlete sustains must be evaluated by a licensed, reputable medical professional.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Sports Related Foot and Ankle Injuries.

Identifying Bunions and its Side Effects

As bunions are “one of the more common foot deformities, with as many as one-quarter to one-third of adult Americans suffering from bunions,” they are characterized as deformities that develop on the side of the big toe bone. Also known as hallux valgus, bunions are a result of the metatarsal foot bones shifting inward toward the other toes, which can lead to irritation and discomfort in the feet. Research in a 2011 study published by the Foot Journal suggests that using manipulative therapy helped improve bunions at an early stage.

Bunions can be very troublesome if they are not treated correctly. If you are having problems with your bunions visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

What is a Bunion?

A bunion is formed of swollen tissue or an enlargement of boney growth, usually located at the base joint of the toe that connects to the foot. The swelling occurs by the bones in the big toe shifting inward, which impacts the other toes of the foot. This causes the area around the base of the big toe to become inflamed and painful.

Why do Bunions Form?

- Genetics – susceptibility to bunions are often hereditary
- Stress on the feet – poorly fitted and uncomfortable footwear that places stress on feet, such as heels, can cause bunions to form

How are Bunions Diagnosed?

Doctors often perform two tests – blood tests and x-rays – when trying to diagnose bunions, especially in the early stages of development. Blood tests help determine if the foot pain is being caused by something else, such as arthritis, while x-rays provide a clear picture of your bone structure to your doctor.

How are Bunions Treated?

- Refrain from wearing heels or similar shoes that cause discomfort
- Select wider shoes that can provide more comfort and reduce pain
- Anti-inflammatory and pain management drugs
- Orthotics or foot inserts
- Surgery

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Bunions

Fidel Edwards Suffered Broken Ankle During Warm-Ups

Fidel Edwards, paceman for Hampshire, suffered a broken ankle injury during warm-ups while preparing for his Specsavers County Championship Division One match against Yorkshire. He sustained the injury when his foot became stuck in the turf and he fell onto the ground. The extent of Edwards's injury was at the time unknown, but he saw a specialist in late April for further consultation.

Broken ankles require immediate treatment. If you have any concerns about your feet and ankles visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Broken Ankles

A broken ankle is experienced when a person fractures their tibia or fibula in the lower leg and ankle area. Both these bones are attached at the bottom of the leg and combine to form what we know to be our ankle.

When a physician is referring to a break of the ankle, he or she is usually referring to a break in the area where the tibia and fibula are joined to create our ankle joint. Ankles are more prone to fractures because the ankle is an area that suffers a lot of pressure and stress. There are some obvious signs when a person experiences a fractured ankle and the following symptoms may be present.

Symptoms of a Fractured Ankle

- Excessive pain when the area is touched or when any pressure is placed on the ankle
- Swelling around the area
- Bruising of the area
- Area appears to be deformed

If you suspect an ankle fracture, it is recommended to seek treatment as soon as possible. The sooner you have your podiatrist diagnose the fracture, the quicker you'll be on the way towards recovery.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about broken ankles.

The Proper Procedures for Removing Corns and Calluses

Corns and calluses develop as a result of repeated friction or pressure to the skin, but are easily treatable. Corns can develop anywhere on the toes and on the balls of the feet, usually caused by arthritis or poorly-fitting shoes. Removing your corns and calluses involves soaking them in warm water until the skin softens, then using a pumice stone to gently file the layers of skin off. Afterwards, apply lotion or cream that has salicylic acid, ammonium lactate or urea everyday.

For help dealing with corns and foot conditions, consult with one of our podiatrists from Family Foot Care of Southern Maryland. Our doctors will attend to all of your foot and ankle needs.

Corns: What are they? And how do you get rid of them?

Corns are thickenings of the skin of your feet, often developed in areas under a lot of pressure. They are often layers of the skin that have become dry, rough, and painful, and are normally smaller than calluses.

Ways to Prevent Corns

There are many ways to get rid of corns such as wearing:

- Well-fitting socks
- Comfortable shoes that are not tight around your foot
- Shoes that offer support such as padding or cushioning

Treating Corns

Treating corns involves removing the dead skin that has built up in the specific area of the foot. Salicylic acid can help in getting rid of these corns because it dissolves keratin, which is the protein that makes up a majority of corns. Podiatrists recommend that people with diabetes not use salicylic acid and should consult with their podiatrist regarding the treatment of corns.

If you have any questions, please contact one of our offices located in Maryland. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Corns](#)

Tips for Taking Care of Your Feet

April was Foot Health Awareness Month, and according to the American Orthopaedic Foot & Ankle Society, “the average person takes 10,000 steps each day, which adds up to more than three million steps per year.” Taking care of your feet is essential, so make sure to wash them everyday, trim your toenails regularly, wear properly-fitting shoes that give your feet enough room, and exercise often to increase circulation in the feet.

Regardless of season or weather, everyday foot care should be practiced year round. For more information about everyday foot care, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Everyday Foot Care

Often, people take care of their bodies, face and hair more so than they do for their feet. But the feet are a very important aspect of our bodies, and one that we should pay more attention to. After all, without our feet, we would not be able to perform most daily tasks. It is best to check your feet regularly to make sure there are no new bruises or cuts that you may not have noticed before, for example.

For dry feet, moisturizer can easily be a remedy and can be applied as often as necessary to the affected areas. Wearing shoes that fit well can also help you maintain good foot health, as well as making it easier to walk and do daily activities without the stress or pain of ill-fitting shoes, high heels, or even flip flops.

Also, wearing clean socks with closed shoes is important to ensure that sweat and bacteria do not accumulate within the shoe. Clean socks help to prevent athlete’s foot, fungi problems, bad odors, and can absorb sweat.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Everyday Foot Care](#)

Take Extra Care of Your Diabetic Feet

For registered nurse Shelley Shager, taking care of your diabetic feet is vital to protecting your overall health. As our populations get older, it will be harder to manage their feet, especially if they become prone to diabetes. If you are diabetic, this means that wounds such as sores are impaired by poor blood circulation, are unable to heal, and can become infected. This in turn can lead to amputations, so it’s extremely important for diabetics to have their feet regularly assessed by their podiatrists.

Diabetics must pay special attention to their feet to help prevent any complications. If you believe you are having problems with your diabetic feet, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Diabetic Foot Care

Diabetes affects millions of people every year. Diabetes can damage blood vessels in many parts of the body, including the feet. Because of this, taking care of your feet is essential if you have diabetes, and having a podiatrist help monitor your foot health is highly recommended.

The Importance of Caring for Your Feet

- Routinely inspect your feet for bruises or sores.
- Wear socks that fit your feet comfortably.
- Wear comfortable shoes that provide adequate support.

Patients with diabetes should have their doctor monitor their blood levels because blood sugar levels play such a huge role in diabetic care. Monitoring these levels on a regular basis is highly advised.

It is always best to inform your healthcare professional of any concerns you may have regarding your feet, especially for diabetic patients. Early treatment and routine foot examinations are keys to maintaining proper health, especially because severe complications can arise if proper treatment is not applied.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Diabetic Foot Care

Clove Oil Offers Potential Solution for Toenail Fungus

Clove oil may be the next new thing for treating toenail fungus, thanks to its antifungal properties and pain-relieving properties. The antiseptic found in cloves help fight against bacterial and fungal growth, according to Dr. Biplav Agrawal, Consultant Dermatologist and Immunologist. He recommends mixing 6 to 8 drops of clove oil with 2 tablespoons of coconut oil and applying it to your toenail fungus a few times a day.

While toenail fungus is troublesome to eradicate, it is not impossible. For more information about treatment, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Toenail Fungus Treatment

Toenail fungus is a problem which affects many people and is hard to get rid of. Fortunately, there are several methods to go about treating toenail fungus.

Antibiotics & Treatments

Lamisil – is the most commonly effective treatment for toenail fungus. It is available as an antibiotic Terbinafine tablet and cream. Terbinafine is a chemical component which kills fungal growth on the body. Applying regular doses will gradually kill the fungal growth. It is important to keep the area clean and air free.

Talcum powder – applying powder on the feet and shoes helps keep the feet free of moisture and sweat.

Sandals or open toed shoes – wearing these will allow air movement and help keep feet dry. They also expose your feet to light, which fungus cannot tolerate. Socks with moisture wicking material also help as well

Alternative Treatments

There are always surgical procedures that are available for toenail fungus. Some people would like immediate quick removal of toenail fungus. Surgeons will be able to cut through and remove the growth using laser surgery. It is important not to try and remove it yourself. Once removed, your old shoes will need to be replaced to avoid reinfection.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Toenail Fungus](#)

Dane Swan Out Due to Severe Broken Foot Injury

Australian footballer Dane Swan may not be able to play anymore due to breaking three bones in his foot, one of which was a Lisfranc fracture. The damage to Swan's foot was confirmed through scans to be severe, potentially indicating that his 258-match career may be over. According to Magpies coach Nathan Buckley, "the earliest Swan could return was late in the season," if he makes a full recovery.

A broken foot requires immediate medical attention and treatment to prevent exacerbation. If you are seeking treatment for a broken foot, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Broken Foot Causes, Symptoms, and Treatment

A broken foot is caused by one of the bones in the foot typically breaking when bended, crushed, or stretched beyond its natural capabilities. Usually the location of the fracture indicates how the break occurred, whether it was through an object, fall, or any other type of injury.

Common Symptoms of Broken Feet:

- Bruising
- Pain
- Redness
- Swelling

- Blue (foot)
- Numbness
- Cold
- Misshapen
- Cuts
- Deformities

Those that suspect they have a broken foot should seek urgent medical attention where a medical professional could diagnose the severity.

Treatment for broken bones varies depending on the cause, severity and location. Some will require the use of splints, casts or crutches while others could even involve surgery to repair the broken bones. Personal care includes the use of ice and keeping the foot stabilized and elevated.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Broken Feet](#)

Proper Running Shoes are Optimal for Exercising

Having competed in three Olympics, Paul Williams, owner of Vancouver-based running store Peninsula Runners, is very familiar with running shoes. While minimalist running shoes were the most popular choice in the past, the latest trend in running shoes is cushioning. "This makes it more form-fitting," Williams shared. "With minimalist shoes there were too many injuries, so now we're back to a moderate shoe ... I think when you have more protection you can run harder and faster, reducing injuries such as shin splints, Achilles tendinitis and knee pain." William recommends that runners wear shoes that are properly fitted to ensure significant arch support for the feet.

Proper fitting shoes are essential to one's overall health. If you are having foot and ankle problems, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Proper Shoe Fitting

A common concern when it comes to foot health, having properly fitted shoes can help prevent injuries to the foot. Our feet affect our posture and gait, which in turn affects the biomechanics and overall bodily structure. With 33 joints, 26 bones, and over 100 ligaments, the potential for serious injury is much greater than one realizes. Although the feet cease growth in adulthood, they still change shape as they mature. Here are some factors to consider when it comes to investing in properly fitting shoes:

- Be sure the shoes fit correctly right away
- Ensure the ball of your foot fits comfortably in the widest portion of the shoes

- Even though they may look fashionable, improperly fitting shoes can either create adverse conditions or exacerbate existing ones you may already have
- Walk along a carpeted surface to ensure the shoes comfortably fit during normal activity

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Proper Shoe Fitting](#)

Ryan Zimmerman Recovering from Plantar Fasciitis

Ryan Zimmerman was out for most of the 2015 season due to plantar fasciitis in his foot. Manager Dusty Baker was hopeful at the time that Zimmerman was able to return in “a few weeks.” Plantar fasciitis was just one of many health problems that Zimmerman has been undergoing for the last two years. Zimmer says “it’s a cautious approach, knowing I don’t need that many at-bats down here to get ready.”

Plantar fasciitis can be very painful and inconvenient. If you are experiencing heel pain or symptoms of plantar fasciitis, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

What is Plantar Fasciitis?

Plantar fasciitis is the inflammation of the thick band of tissue that runs along the bottom of your foot, known as the plantar fascia, and causes mild to severe heel pain.

What Causes Plantar Fasciitis?

- Excessive running
- Non-supportive shoes
- Overpronation
- Repeated stretching and tearing of the plantar fascia

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices
- Shockwave therapy – sound waves are sent to the affected area to facilitate healing and are usually used for chronic cases of plantar fasciitis
- Surgery – usually only used as a last resort when all else fails. The plantar fascia can be surgically detached from the heel

While very treatable, plantar fasciitis is definitely not something that should be ignored. Especially in severe cases, speaking to your doctor right away is highly recommended to avoid complications and

severe heel pain. Your podiatrist can work with you to provide the appropriate treatment options tailored to your condition.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Plantar Fasciitis](#)

Justin Robinson Becomes One of Nation's Top despite Injury

Monmouth junior guard Justin Robinson suffered a broken ankle at a young age, but that didn't stop him from going on to become one of the nation's top 30 in scoring. Considered 26th in the nation, Robinson "set a school record for victories," but he says he is "just focused on winning basketball games, and making sure the Monmouth University basketball team stays in the right direction."

Broken ankles require immediate treatment. If you have any concerns about your feet and ankles visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Broken Ankles

A broken ankle is experienced when a person fractures their tibia or fibula in the lower leg and ankle area. Both these bones are attached at the bottom of the leg and combine to form what we know to be our ankle.

When a physician is referring to a break of the ankle, he or she is usually referring to a break in the area where the tibia and fibula are joined to create our ankle joint. Ankles are more prone to fractures because the ankle is an area that suffers a lot of pressure and stress. There are some obvious signs when a person experiences a fractured ankle and the following symptoms may be present.

Symptoms of a Fractured Ankle

- Excessive pain when the area is touched or when any pressure is placed on the ankle
- Swelling around the area
- Bruising of the area
- Area appears to be deformed

If you suspect an ankle fracture, it is recommended to seek treatment as soon as possible. The sooner you have your podiatrist diagnose the fracture, the quicker you'll be on the way towards recovery.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about broken ankles.](#)

Understanding Arthritis

Arthritis can lead to pain and inflammation if symptoms continue to persist. Occurring commonly in the small joints of our bodies, arthritis can become debilitating and restrict our everyday movements. Different treatment options can include using a cold press to reduce inflammation on your joints or using heat therapy to alleviate pain. It is recommended to see a podiatrist first to diagnose your condition. The most common types of arthritis are osteoarthritis and rheumatoid arthritis, both of which can affect small joints in your body.

The feet are one of the most common sites for arthritis to occur in the body. If you are struggling with arthritis in your feet or ankles, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Arthritic Foot Care

Arthritis is a joint disorder that involves inflammation of different joints in your body, including your feet. Arthritis is often caused by a degenerative joint disease and causes mild to severe pain in all affected areas. On top of this, swelling and stiffness in the affected joints can also be a common symptom of arthritis.

In many cases, wearing ill-fitting shoes can worsen the effects and pain of arthritis. Wearing shoes that have a lower heel and extra room can help your feet feel more comfortable. In certain forms, such as rheumatoid arthritis, the arch in your foot may become problematic. Buying shoes with proper arch support that contour to your feet can help immensely.

Alleviating Arthritic Pain

- Exercises that stretch the foot can prevent further pain and injury and increase mobility
- Most of the pain can be alleviated with anti-inflammatory drugs, heat, and topical medications
- Massages can help to temporarily alleviate pain.

It is best to see your doctor for the treatment that is right for your needs and symptoms. Conditions vary, and a podiatrist can help you determine the right method of care for your feet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Arthritic Foot Care

Barefoot Running Can Offer Benefits, Despite General Consensus Beliefs

Recent research by the University of Manchester psychologists suggest that a general consensus of individuals who participate in physical activity lean away from barefoot running. According to researcher Peter Walton, "barefoot running has been used by humans for hundreds of thousands of years, yet running shoes as we know them were only introduced in 1972." Walton believes that barefoot and minimalist running can be beneficial for the feet, despite general consensus.

If you have any questions about barefoot running, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Barefoot Running

Barefoot running is a fairly popular trend in the running world. More than just simply ‘running without shoes,” barefoot running affects the way your feet hit the ground and your overall posture. Barefoot runners land on the front part of their feet as opposed to those who wear shoes, who usually strike their heel as they hit the ground.

Barefoot running contains many advantages, including:

- A lower risk for ankle and foot injuries
- Improvement in balance and body posture
- Strengthens muscles in the lower legs, ankles and feet that are not normally worked when wearing shoes

There are also some disadvantages to barefoot running, which include:

- Lack of shoes increases the risk of incurring blisters, scrapes, bruises and cuts
- Risk of Achilles tendonitis as a result of landing on the front of your feet constantly
- Needing time and transition to adjust as the switch cannot be automatic

Start on even, flat surfaces and consider investing in minimalist running shoes. Minimalist running shoes provide the ‘feel’ of barefoot running while affording the same protection you get from wearing shoes. Barefoot running can be safe and enjoyable with the proper planning and transition.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about barefoot running.

New Fitness Program Designed to Help Seniors

Dana Luebke is someone who’s watched his elderly friends struggle with everyday activities as they get older. He’s come up with a solution to help treat the aging physical problems of his friends by creating a “Brain and Body Fitness” program for seniors. The program helps stimulate muscles in the feet through isometric exercises and focuses on improving coordination and quality of life. The exercises help promote blood circulation flow, the strengthening of muscles, and stress reduction.

Proper foot care is something many older adults forget to consider. For more information, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

The Elderly and their Feet

As we age we start to notice many changes in our body, but the elder population may not notice them right away. Medical conditions may prevent the elderly to take notice of their foot health right away. Poor vision is a lead contributor to not taking action for the elderly.

Common Conditions

Neuropathy – can reduce feeling in the feet, and can hide many life threatening medical conditions.

Reduced flexibility – prevents the ability of proper toenail trimming, and foot cleaning. If left untreated, it may lead to further medical issues.

Foot sores – amongst the older population can be serious before they are discovered. Some of the problematic conditions they may face are:

Gouging toenails affecting nearby toe

Shoes that don't fit properly

Pressure sores

Loss of circulation in legs & feet

Edema & swelling of feet and ankles

Susceptible Infections

Diabetes and poor circulation can cause general loss of sensitivity over the years, turning a simple cut into a serious issue.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Elderly and Feet](#)

Treat Your Diabetic Feet to Prevent Complications

Those who have diabetes should take extra precaution when caring for their feet. There are many complications that result because of diabetes, and which can lead to severe consequences like foot ulcers or amputation. Sensory neuropathy, or loss of sensation, is also another effect of diabetes, if can occur if the feet are not taken care of properly. Make sure to see your podiatrist often and monitor your blood glucose levels. Wear proper and comfortable footwear to always protect your feet, routinely take your medicine, and exercise often.

Diabetics must pay special attention to their feet to help prevent any complications. If you believe you are having problems with your diabetic feet, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Diabetic Foot Care

Diabetes affects millions of people every year. Diabetes can damage blood vessels in many parts of the body, including the feet. Because of this, taking care of your feet is essential if you have diabetes, and having a podiatrist help monitor your foot health is highly recommended.

The Importance of Caring for Your Feet

- Routinely inspect your feet for bruises or sores.
- Wear socks that fit your feet comfortably.
- Wear comfortable shoes that provide adequate support.

Patients with diabetes should have their doctor monitor their blood levels because blood sugar levels play such a huge role in diabetic care. Monitoring these levels on a regular basis is highly advised.

It is always best to inform your healthcare professional of any concerns you may have regarding your feet, especially for diabetic patients. Early treatment and routine foot examinations are keys to maintaining proper health, especially because severe complications can arise if proper treatment is not applied.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Diabetic Foot Care

Uric Acid, the Culprit that Causes Gout

Gout is a debilitating condition in which pain can occur in any joint in the body, including the feet and ankles. Uric acid is the culprit behind the effects of gout, “a waste product of the protein breakdown that occurs as our cells die and replenish themselves.” Those who have gout have excessive uric acid levels, which lead to inflammation of the joints. Treatment for gout includes anti-inflammatory medicine, pain medicine, and steroids. A podiatrist can help diagnose and examine gout, using x-rays and bloodwork to identify further details about your condition.

Gout is a foot condition that requires certain treatment and care. If you have any concerns regarding gout, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

What is Gout?

Gout is a type of arthritis caused by a buildup of uric acid in the bloodstream. It often develops in the foot, especially the big toe area, although it can manifest in other parts of the body as well. Gout can make walking and standing very painful and is especially common in diabetics and the obese.

People typically get gout because of a poor diet. Genetic predisposition is also a factor. The children of parents who have had gout frequently have a chance of developing it themselves.

Gout can easily be identified by redness and inflammation of the big toe and the surrounding areas of the foot. Other symptoms include extreme fatigue, joint pain, and running high fevers. Sometimes corticosteroid drugs can be prescribed to treat gout, but the best way to combat this disease is to get more exercise and eat a better diet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Gout

Jared Allen suffers Broken Foot

Carolina Panthers Jared Allen broke his foot in the game against the Seattle Seahawks but was able to play through the injury. Panthers coach Ron Rivera does not yet know the severity of the injury, but believes that Allen will not be able to play and may possibly miss the NFC championship game. "For right now, we don't expect him to be on the practice field on Wednesday. He's treating it and doing everything he can, and we'll see how he is on Thursday morning," said Rivera.

A broken foot requires immediate medical attention and treatment to prevent exacerbation. If you are seeking treatment for a broken foot, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your injury and provide you with quality treatment.

Broken Foot Causes, Symptoms, and Treatment

A broken foot is caused by one of the bones in the foot typically breaking when bended, crushed, or stretched beyond its natural capabilities. Usually the location of the fracture indicates how the break occurred, whether it was through an object, fall, or any other type of injury.

Common Symptoms of Broken Feet:

- Bruising
- Pain
- Redness
- Swelling
- Blue (foot)
- Numbness
- Cold
- Misshapen
- Cuts
- Deformities

Those that suspect they have a broken foot should seek urgent medical attention where a medical professional could diagnose the severity.

Treatment for broken bones varies depending on the cause, severity and location. Some will require the use of splints, casts or crutches while others could even involve surgery to repair the broken bones. Personal care includes the use of ice and keeping the foot stabilized and elevated.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Broken Feet

Rayo Vallecano's Patrick Ebert Recovering from Ruptured Achilles Tendon

Rayo Vallecano's midfielder Patrick Ebert has sustained a ruptured Achilles tendon after making a jump in the game against Valencia CF. Ebert had to leave the field and underwent surgery for his injury. Ebert is receiving physiotherapy and will be recovering for the rest of the season, unable to play any games. Ebert is expected to be out for about 6 months, and is rehabilitating his foot with strength exercises.

Achilles tendon injuries can be very painful. If you believe you are having problems with your Achilles tendon, see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to your foot and ankle needs.

What is the Achilles Tendon?

The Achilles tendon is a tendon that connects the lower leg muscles and calf to the heel bone of the foot. It is the strongest tendon in the human body and is essential for making movement possible. Because this tendon is such an integral part of the body, any injuries to it can cause severe difficulties and should immediately be presented to a doctor.

What are the symptoms of an Achilles Tendon Injury?

There are various types of injuries that can affect the Achilles tendon. The two most common are Achilles tendinitis and ruptures of the tendon.

Achilles Tendinitis Symptoms

- Inflammation
- Dull to Severe Pain
- Increased blood flow to the tendon
- Thickening of the tendon

Rupture Symptoms

- Extreme pain and swelling in the foot
- Snapping sensation
- Total immobility

Treatment and Prevention

Achilles tendon injuries are diagnosed by a thorough physical evaluation, which can include an MRI. Treatment involves rest, physical therapy, and in some cases, surgery. However, various preventative measures can be taken to avoid these injuries, such as:

- Thorough stretching of the tendon before and after exercise

- Strengthening exercises like calf raises, squats, leg curls, leg extensions, leg raises, lunges, and leg presses

If unable to immediately see your podiatrist, remember to Rest, Ice, Compress, and Elevate until then.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Achilles Tendon Injuries

Davis Love III recovered from Foot Surgery

Davis Love III has recovered from surgery on his right foot, which corrected two toes and a hammertoe, and is back in Apalua, Hawaii, to practice. Love is in his 30th year of his pro golf career, and won the Kapalua International twice. He had been dealing with foot problems but decided to have surgery with the hopes of getting back into his career. He now finds himself fully recovered and plans to play a full schedule of more than 20 tournaments.

Foot surgery is sometimes necessary. If you are struggling with a foot or ankle condition, talk to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

When Is Surgery Necessary?

Foot and ankle surgery is generally reserved for cases in which less invasive, conservative procedures have failed to help with the problem. Some of the cases in which surgery may be necessary are:

- Removing foot deformities like bone spurs and bunions
- Severe arthritis that has caused bone issues
- Cosmetic reconstruction

What Types of Surgery Are There?

The type of surgery you receive will depend on the nature of the problem you have. Some of the possible surgeries include:

- Bunionectomy for painful bunions
- Surgical fusion for realignment of bones
- Neuropathy decompression surgery to treat nerve damage

Benefits of Surgery

Although surgery is usually a last resort, it can provide more complete pain relief compared to non-surgical methods and may allow you to finally resume full activity.

Surgical techniques have also become increasingly sophisticated. Techniques like endoscopic surgery allow for smaller incisions and faster recovery times.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Foot Surgery](#)

Managing Corns

Corns are one of the most common conditions that can ail the feet. Corns appear as thick and hardened layers of skin. The condition often develops on the areas of the big toe, small toe, and the heel; these areas are often pressure points while walking. To avoid the formation of corns, it is important that people wear proper footwear and that people maintain regular physical exercise and a balanced diet.

Jordan has been very open about her foot condition much to the positive response of fans who are grateful for the reality star's honesty. Jordan links the development of her corns to her early years as a sprinter and all of the hours she has spent wearing heels for reality TV.

For help dealing with corns and foot conditions, see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to your foot and ankle needs.

Corns: What are they? And how do you get rid of them?

Corns are thickenings of the skin of your feet, often developed in areas under a lot of pressure. They are often layers of the skin that have become dry, rough, and painful, and are normally smaller than calluses.

Ways to Prevent Corns

There are many ways to get rid of corns such as wearing:

- Well-fitting socks
- Comfortable shoes that are not tight around your foot
- Shoes that offer support such as padding or cushioning

Treating Corns

Treating corns involves removing the dead skin that has built up in the specific area of the foot. Salicylic acid can help in getting rid of these corns because it dissolves keratin, which is the protein that makes up a majority of corns. Podiatrists recommend that people with diabetes not use salicylic acid and should consult with their podiatrist regarding the treatment of corns.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Corns](#)

Knowing Your Facts About Running Injuries

Those who run often may find themselves prone to running injuries. Common reasons for why running injuries occur are improper training, overexercising or overusing your muscles, not having the proper footwear, and not using the proper safety equipment. Two types of sports injuries that exist are acute traumatic injuries and overuse injuries. Acute traumatic injuries include sprains, fractures, and other similar injuries that can be caused by a blow or force to the body. Overuse injuries are injuries that occur over time and include stress fractures or tendonitis. Overuse injuries should be treated immediately as they may not seem serious at first. Both acute traumatic injuries and overuse injuries can happen to individuals who run often.

Runners can still be prone to running injuries even with proper precautions. If you are suffering from a running injury consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your feet.

How to Prevent Running Injuries

Many common running injuries are caused by overuse and overtraining. When the back of the kneecap starts wearing out and starts causing pain in your knee, this is commonly referred to as runner's knee. Runner's knee is a decrease in strength in your quadriceps and can occur if you're not wearing properly fitted or supporting shoes. To prevent runner's knee, focusing on hip strengthening is a good idea, as well as strengthening your quads to keep the kneecaps aligned.

What Are Some Causes of Running Injuries?

- One cause of a common running injury is called iliotibial band syndrome.
- Plantar fasciitis is also another common injury.
- Stress fractures can occur from overtraining, lack of calcium, or even your running style.

Best Ways to Prevent Running Injuries

- Wear footwear that fits properly and suits your running needs.
- Running shoes are the only protective gear that runners have to safeguard them from injury.
- Make a training schedule. Adding strengthening exercises as well as regular stretching can help keep you strong and limber and can lessen the possibility of injuries.
- Stretching keeps muscles limber, this will help you gain better flexibility.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about how to Prevent Running Injuries

Minnesota Vikings Adrian Peterson Suffers Ankle Sprain

Adrian Peterson of the Minnesota Vikings had suffered a sprained left ankle last month after playing against the Chicago Bears. Luckily for Peterson, the injury was not debilitating enough to keep him from the Vikings game against the New York Giants. After his injury in the Bears game, Peterson was able to return to the game with 4 minutes and 19 seconds left in the third quarter. He was injured during the second quarter.

Ankle sprains are very pain and inconvenient. If you have foot concerns, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your feet.

How Does an Ankle Sprain Occur?

Ankle sprains take place when the ligaments in your ankle are torn or stretched beyond their limits. There are multiple ways that the ankle can become injured, including twisting or rolling over onto your ankle, putting undue stress on it, or causing trauma to the ankle itself.

What are the Symptoms?

- Mild to moderate bruising
- Limited mobility
- Swelling
- Discoloration of the skin (depending on severity)

Preventing a Sprain

- Wearing appropriate shoes for the occasion
- Stretching before exercises and sports
- Knowing your limits can aid in prevention

Treatment of a Sprain

Treatment of a sprain depends on the severity. Many times, people are told to rest and remain off their feet completely, while others are given an air cast. If the sprain is very severe, surgery may be required.

If you have suffered an ankle sprain previously, you may want to consider additional support such as a brace and regular exercises to strengthen the ankle.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about ankle sprains.

Foot Care Workshop educates Diabetics

Last month the Social Work Department at the Ptolemy Reid Rehabilitation Center (PRRC) observed International Day of Persons with Disabilities by hosting a Foot Care Workshop for the diabetic patients of its Amputee Clinic. A large amount of the clinic's amputee patients include adults aged 35 to 75 who

suffer from diabetes. Activities included a presentation on proper diet for diabetics, a discussion on diabetes and foot care, and demonstrations on proper foot care techniques for patients.

Diabetics must pay special attention to their feet to help prevent any complications. If you have diabetic foot concerns, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your diabetic feet.

Diabetic Foot Care

Diabetes affects millions of people every year. Diabetes can damage blood vessels in many parts of the body, including the feet. Because of this, taking care of your feet is essential if you have diabetes, and having a podiatrist help monitor your foot health is highly recommended.

The Importance of Caring for Your Feet

- Routinely inspect your feet for bruises or sores.
- Wear socks that fit your feet comfortably.
- Wear comfortable shoes that provide adequate support.

Patients with diabetes should have their doctor monitor their blood levels because blood sugar levels play such a huge role in diabetic care. Monitoring these levels on a regular basis is highly advised.

It is always best to inform your healthcare professional of any concerns you may have regarding your feet, especially for diabetic patients. Early treatment and routine foot examinations are keys to maintaining proper health, especially because severe complications can arise if proper treatment is not applied.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Diabetic Foot Care

Tech Company develops App that measures Biomechanics

Technology company Motus has developed a new system that uses biomechanics to determine stress on a pitcher's elbow or a change in batter's swing. It introduced a new 5-sensor package that measures these amounts and sends them to a smartphone with a Motus app, bringing technology that was previously exclusively available only in labs to the field. Pittsburgh Pirates' center fielder Andrew McCutchen shared, "A mobile system capable of allowing me to collect this type of information in the cage and on the field is very exciting." Motus's biomechanics feedback and analytical abilities are not limited to baseball players; the company tools for athletes of various sports, including mobility and stability reporting for runners.

The biomechanics are the moving parts that manage the movement of your feet. If you would like more information, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can assess and provide in-depth information as well as measure your personal foot biomechanics.

Biomechanics in Podiatry

Podiatric biomechanics is a particular sector of specialty podiatry with licensed practitioners who are trained to diagnose and treat conditions affecting the foot, ankle and lower leg. Biomechanics deals with the forces that act against the body, causing an interference with the biological structures. It focuses on the movement of the ankle, the foot and the forces that interact with them.

A History of Biomechanics

- Biomechanics dates back to the BC era in Egypt where evidence of professional foot care has been recorded.
- In 1974 biomechanics gained a higher profile from the studies of Merton Root, who claimed that by changing or controlling the forces between the ankle and the foot, corrections or conditions could be implemented to gain strength and coordination to the area.

Modern technological improvements are based on past theories and therapeutic processes that provide a better understanding of podiatric concepts for biomechanics. Computers can provide accurate information about the forces and patterns of the feet and lower legs.

Understanding biomechanics of the feet can help improve and eliminate pain, stopping further stress to the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Biomechanics of Podiatry

Osteoarthritis One of the Most Common Forms of Arthritis

The feet are some of the most common sites for developing many different forms of arthritis. Osteoarthritis, one of the most common forms of arthritis, typically occurs by repeated trauma to important joints in the body. In the feet, the first metatarsophalangeal joint is the most common site. Despite being the most common form, osteoarthritis can easily be delayed and prevented with early treatment and care. One of the easiest and most effective ways to delay osteoarthritis is to avoid wearing tight and high heeled footwear and to avoid activities that repetitively force pressure on the foot.

The feet are one of the most common sites for arthritis to occur in the body. If you are struggling with arthritis in your feet or ankles, call Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can examine your lower extremities to help alleviate your joint pain.

Arthritic Foot Care

Arthritis is a joint disorder that involves inflammation of different joints in your body, including your feet. Arthritis is often caused by a degenerative joint disease and causes mild to severe pain in all affected areas. On top of this, swelling and stiffness in the affected joints can also be a common symptom of arthritis.

In many cases, wearing ill-fitting shoes can worsen the effects and pain of arthritis. Wearing shoes that have a lower heel and extra room can help your feet feel more comfortable. In certain forms, such as rheumatoid arthritis, the arch in your foot may become problematic. Buying shoes with proper arch support that contour to your feet can help immensely.

Alleviating Arthritic Pain

- Exercises that stretch the foot can prevent further pain and injury and increase mobility
- Most of the pain can be alleviated with anti-inflammatory drugs, heat, and topical medications
- Massages can help to temporarily alleviate pain.

It is best to see your doctor for the treatment that is right for your needs and symptoms. Conditions vary, and a podiatrist can help you determine the right method of care for your feet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Arthritic Foot Care](#)

Women are most at risk for Morton's Neuroma

When a nerve becomes compressed, pinched, or injured between the second to fourth toes, swelling occurs resulting in a condition called Morton's Neuroma. Typically symptoms of Morton's neuroma include burning pain and numbness in the foot. Women are most at risk of having a Morton's neuroma because much of their footwear is so impractical. Some ways to relieve the pain is to wear shoes that are not as tight, rubbing the affected area, wearing shoes with lower heels, and to wear metatarsal pads. When the previous methods do not work, surgery is sometimes necessary to remove the neuroma.

Morton's neuroma can be a difficult condition to contend with. If you are experiencing symptoms of Morton's Neuroma, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can diagnose and treat your feet accordingly.

Morton's Neuroma

Morton's neuroma is a painful foot condition that commonly affects the areas between the third and fourth toe and the ball of the foot, although other areas of the foot are also susceptible to this condition. Morton's neuroma is caused by an inflamed nerve in the foot that is being squeezed and aggravated by surrounding bones. Women are more likely than men to have an occurrence of this foot condition.

What Increases the Chances of having Morton's Neuroma?

-Ill-fitting high heels or shoes that add pressure to the toe or foot area.

-Jogging, running and any sports that involve constant impact to the foot area.

-Flat feet, bunions, and any other foot deformity may put you at a higher risk for developing Morton's neuroma.

If you suspect that you may have this condition, you should visit your podiatrist. A podiatrist will first conduct a thorough physical examination to check for palpable masses between the bones of the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more on Morton's Neuroma](#)

[Study reveals Sleep Apnea may increase Gout Risk](#)

A recently study published in *Arthritis & Rheumatology* has found that having sleep apnea puts one more at risk for developing gout. Sleep apnea, a condition where one's breathing repeatedly pauses during sleep, shares a common risk factor with gout: being overweight. The study, which involved a group with sleep apnea and a control group without sleep apnea, reported that after one year those with sleep apnea were about 50% more likely to have a gout attack compared to the control group.

Gout is a foot condition that requires certain treatment and care. If you have any concerns regarding gout, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle needs.

[What is Gout?](#)

Gout is a type of arthritis caused by a buildup of uric acid in the bloodstream. It often develops in the foot, especially the big toe area, although it can manifest in other parts of the body as well. Gout can make walking and standing very painful and is especially common in diabetics and the obese.

People typically get gout because of a poor diet. Genetic predisposition is also a factor. The children of parents who have had gout frequently have a chance of developing it themselves.

Gout can easily be identified by redness and inflammation of the big toe and the surrounding areas of the foot. Other symptoms include extreme fatigue, joint pain, and running high fevers. Sometimes corticosteroid drugs can be prescribed to treat gout, but the best way to combat this disease is to get more exercise and eat a better diet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Gout](#)

[Try Conservative Treatments before Bunion Surgery](#)

Bunions are a foot condition that can become especially painful over time if not treated properly. While many patients assume that surgery is the only real option to treat bunions, experts suggest trying other

conservative treatment options before attempting anything invasive. Mayo Clinic suggests first making changes in your footwear by choosing shoes with a wide toe box and soft leather uppers to relieve pressure. Certain over-the-counter pain medications such as acetaminophen or ibuprofen can also help relieve bunion pain. It best to discuss your options with your podiatrist, who can help you determine the best treatment method for your needs.

To avoid extended pain, consider bunion treatment as soon as possible. For more information about bunion treatments, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

What is a Bunion?

A bunion is formed of swollen tissue or an enlargement of boney growth, usually located at the base joint of the toe that connects to the foot. The swelling occurs by the bones in the big toe shifting inward, which impacts the other toes of the foot. This causes the area around the base of the big toe to become inflamed and painful.

Why do Bunions Form?

- Genetics – susceptibility to bunions are often hereditary
- Stress on the feet – poorly fitted and uncomfortable footwear that places stress on feet, such as heels, can cause bunions to form

How are Bunions Diagnosed?

Doctors often perform two tests – blood tests and x-rays – when trying to diagnose bunions, especially in the early stages of development. Blood tests help determine if the foot pain is being caused by something else, such as arthritis, while x-rays provide a clear picture of your bone structure to your doctor.

How are Bunions Treated?

- Refrain from wearing heels or similar shoes that cause discomfort
- Select wider shoes that can provide more comfort and reduce pain
- Anti-inflammatory and pain management drugs
- Orthotics or foot inserts
- Surgery

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Bunions

Excessive Sweating of the Feet

Excessive sweating is a medical condition that affects multiple people around the world. There are different forms of hyperhidrosis, with primary focal hyperhidrosis being more common and lacking a

medical cause, and secondary hyperhidrosis, which can be caused by medical conditions. Effective treatment for hyperhidrosis involves prescription antiperspirant, medications, surgical removal of sweat glands, and iontophoresis, a procedure in which a machine administers electrical currents to affected areas to reduce sweating.

If you are suffering from hyperhidrosis contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Hyperhidrosis of the Feet

Hyperhidrosis is a rare disorder that can cause people to have excessive sweating of their feet. This can usually occur all on its own without rigorous activity involved. People who suffer from hyperhidrosis may also experience sweaty palms.

Although it is said that sweating is a healthy process meant to cool down the body temperature and to maintain a proper internal temperature, hyperhidrosis may prove to be a huge hindrance on a person's everyday life.

Plantar hyperhidrosis is considered to be the main form of hyperhidrosis. Secondary hyperhidrosis can refer to sweating that occurs in areas other than the feet or hands and armpits. Often this may be a sign of it being related to another medical condition such as menopause, hyperthyroidism and even Parkinson's disease.

In order to alleviate this condition, it is important to see your doctor so that they may prescribe the necessary medications so that you can begin to live a normal life again. If this is left untreated, it is said that it will persist throughout an individual's life.

A last resort approach would be surgery, but it is best to speak with your doctor to find out what may be the best treatment for you.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Hyperhidrosis and the Feet

Jodie Meeks undergoes Surgery

Jodie Meeks of the Detroit Pistons had surgery on his right foot in October to repair a non-displaced fracture of his fifth metatarsal. The reserve guard is expected to be out for rehabilitation for twelve to sixteen weeks. Meeks will also be reevaluated during the rehabilitation. Meeks was signed away from the Lakers during the summer of 2014 for three years and almost \$19 million.

Foot surgery is sometimes necessary. If you are struggling with a foot or ankle condition, talk to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

When Is Surgery Necessary?

Foot and ankle surgery is generally reserved for cases in which less invasive, conservative procedures have failed to help with the problem. Some of the cases in which surgery may be necessary are:

- Removing foot deformities like bone spurs and bunions
- Severe arthritis that has caused bone issues
- Cosmetic reconstruction

What Types of Surgery Are There?

The type of surgery you receive will depend on the nature of the problem you have. Some of the possible surgeries include:

- Bunionectomy for painful bunions
- Surgical fusion for realignment of bones
- Neuropathy decompression surgery to treat nerve damage

Benefits of Surgery

Although surgery is usually a last resort, it can provide more complete pain relief compared to non-surgical methods and may allow you to finally resume full activity.

Surgical techniques have also become increasingly sophisticated. Techniques like endoscopic surgery allow for smaller incisions and faster recovery times.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Foot Surgery

Japanese High Heel Design alleviates Pain

A revolutionary new design in high heels from Yasuyuki Yamada has come out of Japan that has a spring heel designed to be pressed down as you walk, alleviating the pain associated with wearing high heels. With the introduction of a spring in place of the traditional heel, each time you take a step in them, some of the shock is absorbed by the spring, allowing you to feel more comfortable walking and standing in high heels. This new design could help alleviate the pain associated with wearing high heels in women across the world.

High heels can create a myriad of foot and ankle problems. If you have any concerns about your feet contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Effects of High Heels on the Feet

High heels are popular shoes among women because they are associated with femininity. Despite their appeal, they can cause many health problems if worn too frequently.

What parts of my body will be affected by high heels?

- Ankle Joints
- Achilles Tendon – may shorten and stiffen with prolonged wear
- Balls of the Feet
- Knees – heels cause the knees to bend constantly, creating stress on them
- Back – they decrease the spine's ability to absorb shock, which may lead to back pain. Also, the vertebrae of the lower back may compress.

What kinds of foot problems can develop from wearing high heels?

- Corns
- Calluses
- Hammertoe
- Bunions
- Morton's Neuroma
- Plantar Fasciitis

How can I still wear high heels and maintain foot health?

If you want to wear high heeled shoes, make sure that you are not wearing them every day, as this will help prevent long term physical problems. Try wearing thicker heels as opposed to stilettos to distribute weight more evenly across the feet. Always make sure you are wearing the proper shoes for the right occasion, such as sneakers for exercising. If you walk to work, try carrying your heels with you and changing into them once you arrive at work. Adding inserts to your heels can help cushion your feet and absorb shock; you can buy either full inserts or metatarsal pads.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about the effects of high heels.

Managing Diabetes

A new article by Doctor Tipster has outlined 10 different tips for managing diabetes, which is great for any diabetic patient in order for them to understand the best ways to go about managing their diabetes. One of the specific aspects of this management is proper foot care. "You need to be very serious with

your foot care. Diabetes can result in neuropathy or nerve damage. It starts in the feet and so if you take good care of your feet, then you will be safe.”

Diabetics must pay special attention to their feet to help prevent any complications. If you have diabetic foot concerns, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide quality care for your diabetic feet.

Diabetic Foot Care

Diabetes affects millions of people every year. Diabetes can damage blood vessels in many parts of the body, including the feet. Because of this, taking care of your feet is essential if you have diabetes, and having a podiatrist help monitor your foot health is highly recommended.

The Importance of Caring for Your Feet

- Routinely inspect your feet for bruises or sores.
- Wear socks that fit your feet comfortably.
- Wear comfortable shoes that provide adequate support.

Patients with diabetes should have their doctor monitor their blood levels because blood sugar levels play such a huge role in diabetic care. Monitoring these levels on a regular basis is highly advised.

It is always best to inform your healthcare professional of any concerns you may have regarding your feet, especially for diabetic patients. Early treatment and routine foot examinations are keys to maintaining proper health, especially because severe complications can arise if proper treatment is not applied.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Diabetic Foot Care

Runner’s Guide to Shoe Shopping and Care

When selecting and maintaining running shoes, it is important to recognize one’s strengths, weaknesses, and style as a runner. Emily Carano, global product line manager of Athletic and Racing for shoe company Saucony, has shared a runner’s guide to shoe purchasing and care. The first step in selection is understanding well the type of runner one really is and considering one’s everyday needs. Prioritizing the fit of a shoe over the price is also important. Shoes should also be kept dry and cool, as the heat can cause any plastic elements to lose shape.

If you are a runner, wearing the right running shoe is essential. For more information, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

Choosing the Right Running Shoe for Your Foot Type

To increase performance and avoid the risk of injury, it is important to choose the right running shoe based on your foot type. The general design of running shoes revolves around pronation, which is how the ankle rolls from outside to inside when the foot strikes the ground.

- Neutral runners are able to choose from a wide variety of shoes, including minimalist shoes or even go barefoot
- Runners who overpronate, or experience an over-abundance of ankle rolling, should choose shoes that provide extra motion control and stability
- Runners who underpronate, or supinate, have feet that have high arches and lack flexibility, preventing shock absorption. They require shoes with more flexibility and cushion

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Choosing the Right Running Shoe](#)

[Hammertoe Device can make Recovery Faster](#)

A new procedure for hammertoe may allow patients to get back on their feet much faster than before. Traditionally, hammertoe repair involved inserting pins to hold the offending joint in place; this practice, however, left patients at high risk for swelling and infection. The new device, called the HammerLock2, is inserted into the bone before it is clipped back to realign the toe. The device, made of nitinol, would then expand to fix the toe in position, allowing the patient to move the toes quicker.

To successfully correct a hammertoe and relieve the pain and inflammation associated it, medical assistance may be necessary. If you are seeking hammertoe treatment, consult with podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality treatment and assist you with all of your foot and ankle concerns.

[Hammertoe](#)

Hammertoe is a painful condition that affects the second, third and fourth toes involving different joints of the toe and foot. Hammertoe can be caused by many other conditions such as RA (rheumatoid arthritis), osteoarthritis, trauma or injuries to your foot, it can be hereditary and it can also be caused by a cerebral vascular accident. If you wear shoes that are too narrow or short for your feet, it may exacerbate any pain you already have.

It is really important to your overall well-being to seek out medical attention at the first signs of foot pain or anything that may hinder your ability to walk in a normal manner. Taking care of your feet is one of the first steps to being able to live a full and healthy life.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Hammertoe](#)

Drugstore Products can ease Cracked Skin

Smooth skin cannot only be achieved at a spa following a pedicure. Certain drugstore products can help people successfully smooth out their feet at home. While skin-removers such as the Pedi-Egg and Clarisonic can help rejuvenate the feet, brands such as Burt's Bees and L'Occitane offer foot creams and lotions that are designed to penetrate, absorb and prevent dry skin to begin with. Brand Footlogix sells various products especially for the feet, such as the Foot Soak Concentrate and Exfoliating Seaweed Scrub.

Cracked heels can become painful if left untreated. To learn more, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

The Truth about Cracked Heels

Cracked Heels

Cracked heels are unappealing, and make it harder for you walk around in sandals. Not only may they look bad, but they can also tear stockings, socks, and wear out your shoes. There are several methods to help restore a cracked heel and prevent further damage.

How do you get them?

Dry skin is the number one culprit in creating cracked heels. Many athletes, walkers, joggers, and even swimmers suffer from cracked heels. Age and skin oil production play a role to getting cracked heels as well.

Promote Healing

Over the counter medicines can help, especially for those that need instant relief, or who suffer from chronic dry feet.

Wear Socks – wearing socks with medicated creams, helps lock in moisture so it can stay on longer.

Moisturizers – applying it both day and night will help alleviate dryness which causes cracking.

Pumice Stones – these remove dead skin, and then you can massage cream onto your foot. This way the cream will be absorbed. The skin needs to be exfoliated; therefore the outer layer dead skin needs removal.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Cracked Heels

Girl plays Soccer despite Rheumatoid Arthritis

Alana Rodriguez is like many of the other girls who have competed at the Disney Cup International soccer tournament at ESPN's Wide World of Sports complex. At 14-years-old, the sport is clearly her favorite. Unlike many other girls, however, Alana was diagnosed with juvenile rheumatoid arthritis before she was one-year-old. "She was only nine months old when they told me that she was, had this

disease,” said Alana’s mother Diana Toledo, “and that it was incurable, and she wouldn’t be able to walk.” Going against doctors’ suggestions, Alana joined a team and began playing soccer. “I know soccer helped her develop to what she is now,” said Toledo. “She’s 5 foot 2, she looks perfectly healthy, she runs, she plays.”

Understanding where RA starts will help treat and prevent the condition. If you are suffering from rheumatoid arthritis, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

What Is Rheumatoid Arthritis?

Rheumatoid Arthritis (RA) is an autoimmune disorder in which the body’s own immune system attacks the membranes surrounding the joints. Severe pain and immobility are caused by an inflammation of the lining of your joints, and in worse cases the destruction of the joint’s cartilage and bone can occur.

Rheumatoid Arthritis of the Feet

Although RA usually attacks multiple bones and joints throughout the entire body, many cases result in pain in the foot or ankle area. Pain will often initially present in the toes before the condition worsens and spreads throughout the entire foot.

Symptoms

- Swelling and pain in the feet
- Stiffness in the feet
- Pain on the ball or sole of the feet
- Joint shift and deformation

Diagnosis

Quick diagnosis of RA in the feet is important so that your podiatrist can treat the area effectively. Your doctor may ask you about your medical history and lifestyle to help determine possible causes of your RA.

Treatment

Unfortunately, there is no cure for RA, so treatment options are designed to specifically target the symptoms of it, most notably the pain it causes. Two types of anti-inflammatory drugs – non-steroidal or NSAIDs and corticosteroids – may be prescribed by your doctor. In some severe cases where the joints are too badly damaged, surgery may be an option. As always, speak with your podiatrist to help determine the appropriate treatment options available to you.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about rheumatoid arthritis

Ankle Sprains may have Lifelong Effects

Several new studies in both people and animals have revealed that a single sprained ankle may have lingering, lifelong negative effects on how well and often one may move. In one study that involved young people, college students with chronic ankle instability were found to move significantly less than those without the condition; taking a daily average of about 2,000 fewer steps. This reflected a different study involving mice, in which mice with past sprains continued to have problems during balance testing when compared to mice that did not suffer injury.

Ankle sprains are very pain and inconvenient. If you have any concerns about your foot and ankle needs contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

How Does an Ankle Sprain Occur?

Ankle sprains take place when the ligaments in your ankle are torn or stretched beyond their limits. There are multiple ways that the ankle can become injured, including twisting or rolling over onto your ankle, putting undue stress on it, or causing trauma to the ankle itself.

What are the Symptoms?

- Mild to moderate bruising
- Limited mobility
- Swelling
- Discoloration of the skin (depending on severity)

Preventing a Sprain

- Wearing appropriate shoes for the occasion
- Stretching before exercises and sports
- Knowing your limits can aid in prevention

Treatment of a Sprain

Treatment of a sprain depends on the severity. Many times, people are told to rest and remain off their feet completely, while others are given an air cast. If the sprain is very severe, surgery may be required.

If you have suffered an ankle sprain previously, you may want to consider additional support such as a brace and regular exercises to strengthen the ankle.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about ankle sprains.

Preventing the Five most common Running Injuries

With cooler weather now in full effect, many people will be lacing up their running shoes to get started on running season. While injuries are common and bound to occur, there are several measures one can take to avoid the five most common injuries: runner's knee, Achilles tendonitis, hamstring injuries, iliotibial band injuries, and plantar fasciitis. Stretching and strengthening the involved muscles is key in avoiding injury and should be done before and after workouts.

Runners can still be prone to running injuries even with proper precautions. If you are suffering from a running injury see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality treatment and assist you with all of your foot and ankle concerns.

How to Prevent Running Injuries

Many common running injuries are caused by overuse and overtraining. When the back of the kneecap starts wearing out and starts causing pain in your knee, this is commonly referred to as runner's knee. Runner's knee is a decrease in strength in your quadriceps and can occur if you're not wearing properly fitted or supporting shoes. To prevent runner's knee, focusing on hip strengthening is a good idea, as well as strengthening your quads to keep the kneecaps aligned.

What Are Some Causes of Running Injuries?

- One cause of a common running injury is called iliotibial band syndrome.
- Plantar fasciitis is also another common injury.
- Stress fractures can occur from overtraining, lack of calcium, or even your running style.

Best Ways to Prevent Running Injuries

- Wear footwear that fits properly and suits your running needs.
- Running shoes are the only protective gear that runners have to safeguard them from injury.
- Make a training schedule. Adding strengthening exercises as well as regular stretching can help keep you strong and limber and can lessen the possibility of injuries.
- Stretching keeps muscles limber, this will help you gain better flexibility.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about how to Prevent Running Injuries

Cryotherapy can treatment goes beyond Warts

In the past, plantar wart removal involved freezing the wart by dabbing it with liquid nitrogen with a medical-grade Q-Tip. New developments in cold therapy now include the popular cryotherapy, which aside from conditions like plantar warts and skin tags, is now being used to treat certain cancers, inflammation, and joint pain. Cryotherapy can also reportedly increase athletic performance and

decrease targeted fat areas such as “muffin tops” and love handles. While different methods of cryotherapy exist, all use extremely cold temperatures to achieve the desired result.

If not treated properly, plantar warts can exacerbate and become debilitating. If you would like medical assistance regarding plantar wart treatment, please see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle concerns and provide you with quality treatment.

About Plantar Warts

Plantar warts are found on the feet. These warts are caused by the human papillomavirus (HPV) getting into open wounds on the feet. You can recognize plantar warts by a hard bump on the foot. They are usually found on the heels or balls of the feet. Plantar warts are usually not a sign of anything dangerous but do not ignore them if they do cause pain or embarrassment.

If you do have a plantar wart, you may notice some pain when standing but since these warts are not cancerous or dangerous, a podiatrist only needs to be seen if there is excess pain. Although plantar warts don't often call for treatment, there are options available. They can be frozen off, removed by an electric tool or burned off using laser treatment.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Plantar Warts

Chronic Inflammation a factor in Plantar Fasciitis

In a recent study on plantar fasciitis, researchers have found that chronic inflammation may have more to do with the breakdown of tissue in the foot than the actual tearing of ligaments. The condition often affects the elderly, athletes, and military service members in particular, as they are all often on their feet for long periods of time. Because older tissue heals slower to begin with, plantar fasciitis can become a chronic issue that ultimately affects the lifestyle as well.

Plantar fasciitis can be very painful and inconvenient. If you are experiencing heel pain or symptoms of plantar fasciitis, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your heel pain as well as any other foot or ankle condition.

What is Plantar Fasciitis?

Plantar fasciitis is the inflammation of a the thick band of tissue that runs along the bottom of your foot, known as the plantar fascia, and causes mild to severe heel pain.

What Causes Plantar Fasciitis?

- Excessive running
- Non-supportive shoes
- Overpronation

- Repeated stretching and tearing of the plantar fascia

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices
- Shockwave therapy – sound waves are sent to the affected area to facilitate healing and is usually used for chronic cases of plantar fasciitis
- Surgery – usually only used as a last resort when all else fails. The plantar fascia can be surgically detached from the heel

While very treatable, plantar fasciitis is definitely not something that should be ignored. Especially in severe cases, speaking to your doctor right away is highly recommended to avoid complications and severe heel pain. Your podiatrist can work with you to provide the appropriate treatment options tailored to your condition.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Plantar Fasciitis

Bamboo Socks can ease Blisters

London-based fashion start-up Oh My Sock has invented a new sock which claims to prevent foot odor. The sock, made from bamboo, can also reportedly soothe painful blisters. Oh My Sock founder Ha Do shares, “Bamboo socks have the best of both worlds because they wick the moisture away from your feet and absorb up to four times more moisture than normal cotton socks, keeping your feet cool in summer and warm in winter.” The socks’ fibers have a round surface, giving the socks a silky feeling while also combating smell, itchiness, and irritation.

Untreated blisters can worsen and make mobility extremely difficult and painful. For quality blister treatment, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs and answer any of your related questions.

Blisters on the Feet

When tight or ill-fitting footwear is worn, many times a foot blister may develop. Blisters can even develop by constant rubbing from the shoe, often times leading to pain.

What is a Foot Blister?

A foot blister is a small pocket that is filled with fluid, forming on the upper most layer of the skin. Blisters are filled with clear fluid, and may lead to drainage of blood or pus if the area has become infected.

How do they Form?

Blisters of the feet are almost always the result of shoe rubbing and constant friction of the skin and material. Long periods of walking in shoes, sandals, or boots which don't fit properly can result in a blister. Those who often have moisture or humidity in the feet, are prone to blister formation easily.

Prevention & Treatment

Proper care is vital to alleviate pain and prevent infection to the affected area of the foot. The best treatment is to leave them alone. New skin will develop under the blister and during the healing stages, your blister will pop.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Blisters on the Feet

Kyle Blanks to soon undergo Second Surgery

Kyle Blanks of the Texas Rangers has reportedly undergone surgery for his right foot and will soon have surgery done on his left foot as well. The first baseman missed a large chunk of this season due to Achilles issues that affected him toward the end of 2014. Blanks has been on and off the disabled list and currently remains on it due to his surgeries. Unfortunately, due to his injuries Blanks will become a free agent at the end of the season. If surgery goes well, it is likely he will try to make a comeback next year.

Foot surgery is sometimes necessary. If you are struggling with a foot or ankle condition, talk to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

When Is Surgery Necessary?

Foot and ankle surgery is generally reserved for cases in which less invasive, conservative procedures have failed to help with the problem. Some of the cases in which surgery may be necessary are:

- Removing foot deformities like bone spurs and bunions
- Severe arthritis that has caused bone issues
- Cosmetic reconstruction

What Types of Surgery Are There?

The type of surgery you receive will depend on the nature of the problem you have. Some of the possible surgeries include:

- Bunionectomy for painful bunions
- Surgical fusion for realignment of bones
- Neuropathy decompression surgery to treat nerve damage

Benefits of Surgery

Although surgery is usually a last resort, it can provide more complete pain relief compared to non-surgical methods and may allow you to finally resume full activity.

Surgical techniques have also become increasingly sophisticated. Techniques like endoscopic surgery allow for smaller incisions and faster recovery times.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Foot Surgery](#)

Red Wings Center on time in Rehabilitation

Pavel Datsyuk of the Detroit Red Wings is reportedly right on schedule in his rehabilitation. The center had undergone surgery late June to repair ruptured tendons. Red Wings general manager Ken Holland recently shared that the team is encouraged by Datsyuk's progress. Following a checkup with his surgeon this month, the athlete should have a better idea of when he will be able to return to the ice.

Athletes often have to go through foot rehabilitation after sustaining an injury. For more information, visit Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can provide you with professional treatment and guidance through foot rehabilitation.

Foot Rehabilitation for Athletes

Injured athletes are always looking for better, faster ways to aid their recovery and get back to the sport they love. To do this, podiatrists and physical therapists are often consulted so the injured athlete can get back onto the field as soon as possible. But rehabbing an injury is just as serious as the injury itself, and going through the motions of physical therapy or rehabilitation is a necessary process to keeping that injury at bay.

Sports Therapist or Physical Therapist?

If an athlete gets a foot injury, it is essential to receive foot rehabilitation to ensure proper healing. It is important for an athlete to become healed properly because if they attempt to get back into their game before they are physically well, they could re-aggravate the original injury or even suffer a new one due to their weakened state.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Foot Rehabilitation for Athletes](#)

Feet fight back with Morton's Neuroma

Whether or not the cause is from wearing towering high heels or repeatedly applying pressure to the feet, Morton's neuroma is the foot condition that often results. The condition takes form in an otherwise harmless cyst that creates numbness or shooting or burning pain in the ball of the foot.

Luckily, the pain from Morton's neuroma can disappear with treatment that can include certain over-the-counter anti-inflammatories, soaking the feet in alternating baths of hot and cold water, wearing arch supports, and giving the feet a break from heels or high-impact activities.

Morton's neuroma can be a difficult condition to contend with. If you are experiencing symptoms of Morton's Neuroma, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will can diagnose and treat your feet accordingly.

Morton's Neuroma

Morton's neuroma is a painful foot condition that commonly affects the areas between the third and fourth toe and the ball of the foot, although other areas of the foot are also susceptible to this condition. Morton's neuroma is caused by an inflamed nerve in the foot that is being squeezed and aggravated by surrounding bones. Women are more likely than men to have an occurrence of this foot condition.

What Increases the Chances of having Morton's Neuroma?

-Ill-fitting high heels or shoes that add pressure to the toe or foot area.

-Jogging, running and any sports that involve constant impact to the foot area.

-Flat feet, bunions, and any other foot deformity may put you at a higher risk for developing Morton's neuroma.

If you suspect that you may have this condition, you should visit your podiatrist. A podiatrist will first conduct a thorough physical examination to check for palpable masses between the bones of the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more on Morton's Neuroma

Foot Care important for Teenagers

Between caring for their skin, teeth, and bodies, most teenagers are very likely to find meticulously caring for the feet rather unimportant. According to the Michigan Podiatric Medical Association, few teenagers know to care for their feet. Many teens are concerned more about having attractive looking feet over healthy feet, when it is during their teenage years that teens should focus more on developing a good foot care routine. Keep feet healthy can help prevent embarrassing conditions such as foot odor and athlete's foot from developing, as these conditions can create image concerns for teens.

Regardless of season or weather, everyday foot care should be practiced year round. For more information about everyday foot care, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with the foot- and ankle information you seek.

Everyday Foot Care

Often, people take care of their bodies, face and hair more so than they do for their feet. But the feet are a very important aspect of our bodies, and one that we should pay more attention to. After all, without our feet, we would not be able to perform most daily tasks. It is best to check your feet regularly to make sure there are no new bruises or cuts that you may not have noticed before, for example.

For dry feet, moisturizer can easily be a remedy and can be applied as often as necessary to the affected areas. Wearing shoes that fit well can also help you maintain good foot health, as well as making it easier to walk and do daily activities without the stress or pain of ill-fitting shoes, high heels, or even flip flops.

Also, wearing clean socks with closed shoes is important to ensure that sweat and bacteria do not accumulate within the shoe. Clean socks help to prevent athlete's foot, fungi problems, bad odors, and can absorb sweat.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Everyday Foot Care

Energy Saving Boots can make Walking Easier

Boots designed by Steven Collins and his colleagues from Carnegie Mellon University reportedly make walking easier without using any power. These energy saving boots do this thanks to a spring and clutch mechanism inspired by the Achilles tendon. The spring stretches during the act of stepping forward while walking, which stores energy; energy is then released when the spring recoils, powering the foot to push off of the ground. Normally one's muscles burn energy to exert the force needed to push the body forward; the boots, however, reduce how much force is needed and therefore reduce the energy needed to walk.

The biomechanics are the moving parts that manage the movement of your feet. If you would like more information, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can assess and provide in-depth information as well as measure your personal foot biomechanics.

A History of Biomechanics

- Biomechanics dates back to the BC era in Egypt where evidence of professional foot care has been recorded.

- In 1974 biomechanics gained a higher profile from the studies of Merton Root, who claimed that by changing or controlling the forces between the ankle and the foot, corrections or conditions could be implemented to gain strength and coordination to the area.

Modern technology improvements are based on past theories and therapeutic processes providing a better understanding of podiatry concepts for biomechanics. Computers provide accurate determinations about the forces, moments and patterns of the foot and lower legs with the most important information captured.

Advances in materials and more awareness of biomechanics have developed enhanced corrective methods, offering further options for foot-related injuries. Understanding foot biomechanics can help improve and eliminate pain, stopping further stress to the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Biomechanics of Podiatry

Jake Gyllenhaal enjoys Barefoot Running

When he's not busy developing a muscular build for his movie roles, 30-year-old Jake Gyllenhaal enjoys running and biking. For his last action role in *Southpaw* the actor had followed a strict workout regimen to maintain his boxer build. Even when he is not preparing for action films, however, the actor works hard--sometimes too hard. Before starting barefoot running, Gyllenhaal suffered shin splints. "I've had to teach myself to slow down a bit," he shared. "Because I get so into it, it becomes a real addiction."

If you have any questions about barefoot running, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Barefoot Running

Barefoot running is a fairly popular trend in the running world. More than just simply 'running without shoes,' barefoot running affects the way your feet hit the ground and your overall posture. Barefoot runners land on the front part of their feet as opposed to those who wear shoes, who usually strike their heel as they hit the ground.

Barefoot running contains many advantages, including:

- A lower risk for ankle and foot injuries
- Improvement in balance and body posture
- Strengthens muscles in the lower legs, ankles and feet that are not normally worked when wearing shoes

There are also some disadvantages to barefoot running, which include:

- Lack of shoes increases the risk of incurring blisters, scrapes, bruises and cuts
- Risk of Achilles tendonitis as a result of landing on the front of your feet constantly
- Needing time and transition to adjust as the switch cannot be automatic

Start on even, flat surfaces and consider investing in minimalist running shoes. Minimalist running shoes provide the 'feel' of barefoot running while affording the same protection you get from wearing shoes. Barefoot running can be safe and enjoyable with the proper planning and transition.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about barefoot running.

Walking is Man's preferred Method of Travel

With his step-counting pedometer, 69-year-old Jim Palmquist tracks his daily steps in a log book. He will often favor a hike over his Toyota Highlander if he has a chance to walk the distance. "I'm really convinced that walking is one of the best things you can do for your health," said Palmquist. "Walking is wonderful." According to the American Heart Association, walking for 30 minutes daily can help reduce the risk of heart disease, improve blood pressure and reduce the risk of osteoporosis, breast and colon cancer and type 2 diabetes.

Exercising the feet and ankles regularly is a great way to prevent injuries. If you have any foot or ankle concerns, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Exercise for Your Feet

Exercise for your feet can help you to gain strength, mobility and flexibility in your feet. They say that strengthening your feet can be just as rewarding as strengthening another part of the body. Your feet are very important and often we forget about them in our daily tasks. But it is because of our feet that we are able to get going and do what we need to. For those of us fortunate not to have any foot problems, it is an important gesture to take care of them to ensure its good health in the long run.

Some foot health exercises can include ankle pumps, tip-toeing, toe rise, lifting off the floor doing reps and sets, also flexing the toes and involving the shins may help too. It is best to speak with your doctor regarding how to do these fitness steps and how often is right for you. Everyone's needs and bodies are different and it varies from individual to individual to determine what should be done for you to maintain strength in your feet.

Once you get into a routine of doing regular exercise, you may notice a difference in your feet and how strong they may become.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about exercising your feet.

Brand promotes the First Comfortable Stiletto

Advertised as the "first truly comfortable stiletto high heels," ANYI LU's Signature Collection was developed over 10 years. The brand's flagship heel, called The Angel, has a half-inch platform lined with shock absorption polymer designed by NASA to make it more comfortable. The Angel's sole also sports a

more athletic appearance that resembles a sneaker. The shoe retails for an expensive \$525, but as “the first truly comfortable four-inch stiletto heel” it might be worth a try.

High heels can create a myriad of foot and ankle problems. If you have any concerns about your feet contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Effects of High Heels on the Feet

High heels are popular shoes among women because they are associated with femininity. Despite their appeal, they can cause many health problems if worn too frequently.

What parts my body will be affected by high heels?

- Ankle Joints
- Achilles Tendon – may shorten and stiffen with prolonged wear
- Balls of the Feet
- Knees – heels cause the knees to bend constantly, creating stress on them
- Back – they decrease the spine’s ability to absorb shock, which may lead to back pain. Also, the vertebrae of the lower back may compress.

What kinds of foot problems can develop from wearing high heels?

- Corns
- Calluses
- Hammertoe
- Bunions
- Morton’s Neuroma
- Plantar Fasciitis

How can I still wear high heels and maintain foot health?

If you want to wear high heeled shoes, make sure that you are not wearing them every day, as this will help prevent long term physical problems. Try wearing thicker heels as opposed to stilettos to distribute weight more evenly across the feet. Always make sure you are wearing the proper shoes for the right occasion, such as sneakers for exercising. If you walk to work, try carrying your heels with you and changing into them once you arrive at work. Adding inserts to your heels can help cushion your feet and absorb shock; you can buy either full inserts or metatarsal pads.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about the effects of high heels.

Periscope Application lets Physicians Stream Surgeries Live

Dr. Timothy Miller, an orthopedic surgeon at the Ohio State University Wexner Medical Center, is one of a number of physicians who are implanting Periscope, a live video-streaming app that allows doctors to stream surgeries. Dr. Miller has recently used Periscope to “scope” the surgical repair of a torn Achilles’ tendon to not only test the application but educate those watching. “This is an opportunity for medical education to go beyond the classroom,” said Miller, who believes that even the most experienced of physicians can learn more by watching live surgeries on their days off.

Achilles tendon injuries are painful and may make it difficult to walk. If you have any concerns with your feet contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

What is the Achilles Tendon?

The Achilles tendon is a tendon that connects the lower leg muscles and calf to the heel of the foot. It is the strongest tendon in the human body and is essential for making movement possible. Because this tendon is such an integral part of the body, any injuries to it can cause severe difficulties and should immediately be presented to a doctor.

What are the symptoms of an Achilles Tendon Injury?

There are various types of injuries that can affect the Achilles tendon. The two most common are Achilles tendinitis and ruptures of the tendon.

Achilles Tendinitis Symptoms

- Inflammation
- Dull to Severe Pain
- Increased blood flow to the tendon
- Thickening of the tendon

Rupture Symptoms

- Extreme pain and swelling in the foot
- Total immobility

Treatment and Prevention

Achilles tendon injuries are diagnosed by a thorough physical evaluation, which can include an MRI. Treatment involves rest, physical therapy, and in some cases, surgery. However, various preventative measures can be taken to avoid these injuries, such as:

- Thorough stretching of the tendon before and after exercise
- Strengthening exercises like calf raises, squats, leg curls, leg extensions, leg raises, lunges, and leg presses

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Achilles tendon injuries.

Replacement Insoles can increase Comfort

Those looking to simultaneously increase the comfortability and wearability of their shoes should look to invest in a pair of replacement insoles. As a majority of insoles already found in footwear are made of EVA, which can break down or compress as time passes, shoe fit and comfortability can worsen. While most insoles are solely for providing cushioning for comfort, there are also insoles for specific foot conditions. Those looking to try insoles to curb a certain condition should consult with their podiatrist before purchasing a replacement insole.

Proper fitting shoes are essential. For more information about proper shoe fitting and its benefits consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with the information to help answer all of your questions.

Proper Shoe Fitting

A common concern when it comes to foot health, having properly fitted shoes can help prevent injuries to the foot. Our feet affect our posture and gait, which in turn affects the biomechanics and overall bodily structure. With 33 joints, 26 bones, and over 100 ligaments, the potential for serious injury is much greater than one realizes. Although the feet cease growth in adulthood, they still change shape as they mature. Here are some factors to consider when it comes to investing in properly fitting shoes:

- Be sure the shoes fit correctly right away
- Ensure the ball of your foot fits comfortably in the widest portion of the shoes
- Even though they may look fashionable, improperly fitting shoes can either create adverse conditions or exacerbate existing ones you may already have
- Walk along a carpeted surface to ensure the shoes comfortably fit during normal activity

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Proper Shoe Fitting

Appalachian Hiker breaks Ankle on Trail

Sixty-nine-year-old Charles Smith was descending Bemis Mountain on the Appalachian Trail when he fell and broke his ankle. Smith used a global satellite communication and tracking device to help

rescuers find him after falling. Luckily for him, Smith's location was close to the end of the trail so rescuers were able to reach him quickly. Smith suffered hairline fractures in his lower leg and ankle. He was initially taken to Rumford Hospital before being taken to Central Maine Medical Center in Lewiston for treatment.

Broken ankles need immediate treatment. If you have any concerns about your feet and ankles contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Broken Ankles

A broken ankle is experienced when a person fractures their tibia or fibula in the lower leg and ankle area. Both these bones are attached at the bottom of the leg and combine to form what we know to be our ankle.

When a physician is referring to a break of the ankle, he or she is usually referring to a break in the area where the tibia and fibula are joined to create our ankle joint. Ankles are more prone to fractures because the ankle is an area that suffers a lot of pressure and stress. There are some obvious signs when a person experiences a fractured ankle and the following symptoms may be present.

Symptoms of a Fractured Ankle

- Excessive pain when the area is touched or when any pressure is placed on the ankle
- Swelling around the area
- Bruising of the area
- Area appears to be deformed

If you suspect an ankle fracture, it is recommended to seek treatment as soon as possible. The sooner you have your podiatrist diagnose the fracture, the quicker you'll be on the way towards recovery.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about broken ankles.

Barbie Doll now has Flat Feet

At fifty six, the famous Barbie doll has finally been given flat feet. The doll, which had previously adopted a permanently tip-toed stance, now has adjustable ankles that allow the doll to slip into sneakers. The new flat-footed version of Barbie is a part of Mattel's new 'Fashionista' line. The doll's tip-toed stance of old has been a topic of debate and became especially speculated when Barbie was reincarnated as a mechanic and a doctor. The 'Fashionista' range comes with eight skin tones, fourteen facial structures, eighteen eye colors, twenty two hair styles and twenty three hair colors.

Flat feet is a condition that can be aided with the help of a podiatrist. For assistance, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your podiatric needs.

What are Flat Feet?

Flat feet are a condition in which the arch of the foot is depressed and the sole of the foot is almost completely in contact with the ground. Standing about 20-30% of the population generally has flat feet because their arch never formed during growth.

Conditions & Problems:

Having flat feet makes it difficult to run or walk because of the stress placed on the ankles.

Alignment – The general alignment of your legs can be disrupted, because the ankles move inward which can cause major discomfort.

Knees – if you have complications with your knees, flat feet can be a contributor to arthritis in that area.

Symptoms:

Pain around the heel or arch area

Trouble standing on the tip toe.

Swelling around the inside of the ankle.

Flat look to one or both feet.

Having your shoes feel uneven when worn

Treatment:

If you are experiencing pain and stress on the foot you may weaken the posterior tibial tendon, which runs around the inside of the ankle.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Flat Feet](#)

Today Health shares Information about Flip Flops

To keep flip flops from ruining the feet, experts from Today Health shared several tips. Avoid driving in flip flops, as they can slip off the feet and become a hazard to your safety. Invest in flip flops of a quality material. Flip flops should be replaced every few months to offer optimal support. Watch where you walk while wearing flip flops, as they offer little to no protection against broken glass.

Wearing the wrong pair of flip-flops can be harmful for the feet. To learn more, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle needs.

Flip-Flops and Feet

When the weather starts warming up, people enjoy wearing flip-flops. Flip-flops are comfortable, stylish, and easy to slip on and off, perfect for any summer beach goer. However, these shoes can cause harm to the feet.

How Can Flip-Flops Affect Me Long-Term?

- Ankle problems
- Hip problems
- Lower back problems
- Pain in the balls of the feet
- Problems with foot arches
- Changes in the way you walk

Are there injuries associated with flip-flops?

Yes. Since flip-flops are relatively weak and do not provide the same amount of support as sneakers, people who wear flip-flops are more susceptible to injuries. On top of that, the open nature of the shoe makes your feet more prone to other problems, such as cuts and even infections. Common injuries and ailments include:

- Sprained ankles
- Blisters
- Infections
- Cuts and Scrapes

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Flip Flops and Your Feet](#)

Stress Fracture causes Steph Robinson to Quit Run

After over 500 miles on her cross-country run to raise money and awareness for hunger, Steph Robinson suffered a stress fracture that forced her to stop the rest of her trip. "I felt a sudden snap followed by intense pain," Robinson shared on Facebook. "I ran through it just to finish up NV, but was hurting extremely badly. Went to the ER today after trying to *walk* - diagnosis is a stress fracture. 6-8 weeks off my leg." Robinson had planned to end up in Delaware by the end of the summer.

Stress fractures can become painful if left untreated for an extended period of time. If you would like assistance in treating a stress fracture, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can determine the severity of your condition and provide you with quality care.

Coping with Podiatric Stress Fractures

Stress Fractures occur on the foot and ankle when muscles in these areas weaken as a result of overexertion or underuse. As a result, the ankles and feet lose support when walking or running from the ground. Since these bones are not protected, they receive the full impact of each step. The stress on the feet causes the bones to form cracks.

What are Stress Fractures?

Stress Fractures are very common among those who are highly active and involved in sports or activities that make excessive use of their legs and feet. Stress fractures are especially common among:

- athletes (gymnasts, tennis players, basketball players)
- runners/joggers
- osteoporosis patients
- those who engage in high-intensity workouts

Stress Fracture Symptoms

Pain from the fractures occur in the area of the fractures, and can be either constant or periodic. The pain is usually sharp or dull, accompanied by swelling and tenderness. Engagement in any kind of high impact activity will exacerbate the pain.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Stress Fractures](#)

Gout often Misdiagnosed in Women

The first time Kathleen Sundbye experienced a gout attack, she had no idea what it was. "The pain was unbearable and seemed to come from the inside out, so I thought that maybe I had a piece of glass lodged in my toe," the 63-year-old said. It took several unsuccessful tests for conditions such as neuropathy and bursitis before a visit to a foot specialist identified Sundbye's condition. Gout occurs three to four times more frequently in men than women, creating the misconception that women do not get gout. Due to this perception, gout is often misdiagnosed in women.

Gout is a foot condition that requires certain treatment and care. If you have any concerns regarding gout, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle needs.

What is Gout?

Gout is a type of arthritis caused by a buildup of uric acid in the bloodstream. It often develops in the foot, especially the big toe area, although it can manifest in other parts of the body as well. Gout can make walking and standing very painful and is especially common in diabetics and the obese.

People typically get gout because of a poor diet. Genetic predisposition is also a factor. The children of parents who have had gout frequently have a chance of developing it themselves.

Gout can easily be identified by redness and inflammation of the big toe and the surrounding areas of the foot. Other symptoms include extreme fatigue, joint pain, and running high fevers. Sometimes corticosteroid drugs can be prescribed to treat gout, but the best way to combat this disease is to get more exercise and eat a better diet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Gout](#)

New Shoes grow with Your Children's Feet

Kenton Lee, founder of the nonprofit Because International, and Proof of Concept, an Oregon-based shoe design studio, have developed a pair of sandals that can expand with the use of a strap. The result is a pair of shoes that costs as little as \$12 a pair. Coming in two sizes, small and large, the shoes accordingly fit a child's foot from kindergarten to fourth grade and then fifth grade to ninth grade. The genius lies in the rubber sole that wraps over the toe, which unfurls to expand the toe box and the child grows.

Growing children should wear proper fitting shoes to ensure that their development is not hindered by detrimental foot problems. For more information about proper shoe fitting and its benefits for children, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will help you determine the best fit for your children's feet and provide you with the information to help answer all of your questions.

Proper Shoe Fitting

A common concern when it comes to foot health, having properly fitted shoes can help prevent injuries to the foot. Our feet affect our posture and gait, which in turn affects the biomechanics and overall bodily structure. With 33 joints, 26 bones, and over 100 ligaments, the potential for serious injury is much greater than one realizes. Although the feet cease growth in adulthood, they still change shape as they mature. Here are some factors to consider when it comes to investing in properly fitting shoes:

- Be sure the shoes fit correctly right away
- Ensure the ball of your foot fits comfortably in the widest portion of the shoes
- Even though they may look fashionable, improperly fitting shoes can either create adverse conditions or exacerbate existing ones you may already have
- Walk along a carpeted surface to ensure the shoes comfortably fit during normal activity

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Proper Shoe Fitting](#)

Michal Rozsival breaks Ankle in Game

During a game against the Minnesota Wild, Chicago Blackhawks defenseman Michal Rozsival lost his balance while skating backward and broke his ankle. According to a statement from the Blackhawks

through Dr. Michael Terry, Rozsival suffered a fractured left ankle. The defenseman will require surgery to repair it and is not expected to return to full hockey activity until next season.

To ensure that a broken ankle completely heals, treatment should be sought right away. For assistance, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Broken Ankles

The ankle consists of three bones- the tibia, the fibula, and the talus. The tibia and the fibula are the two bones that connect to your knees. They sit directly above the talus bone, which is protected by a fibrous membrane and allows slight movement in the ankle joint. A break usually occurs in one of these bones after the foot is twisted too far, a strong impact like jumping from a great height, or repeated stresses like running.

Diagnosis

If you suffer an ankle injury, it is essential that you receive a correct diagnosis. One of the first signs that the ankle is broken is an inability to put any weight on it. There will often be severe bruising and swelling at the sight of the injury. Your doctor may also order an x-ray be taken to determine the exact location and extent of the injury.

Treatment

Without proper care, a broken ankle may not heal properly and could cause arthritis and instability later in life. Therefore, seeking proper treatment is essential to making a full recovery.

There a number of steps you can take to accelerate the healing process however. Elevating your feet above your head and icing the ankle can reduce pain and swelling.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Broken Ankles](#)

Practicing Proper Walking Technique can reduce Foot Injuries

While walking is an activity and exercise that comes naturally, many people are prone to developing detrimental walking habits that can lead to problems. To promote proper walking technique, ensure that your shoes provide enough support but allow your feet to “breathe”, walk with the head up and back straight, start on even ground and work up to hills later, and cool down after walking. Stretching exercises and walking at a slower pace are great ways to cool down.

Exercising the feet and ankles regularly is a great way to prevent injuries. If you have any foot or ankle concerns, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

Exercise for Your Feet

Exercise for your feet can help you to gain strength, mobility and flexibility in your feet. They say that strengthening your feet can be just as rewarding as strengthening another part of the body. Your feet are very important and often we forget about them in our daily tasks. But it is because of our feet that we are able to get going and do what we need to. For those of us fortunate not to have any foot problems, it is an important gesture to take care of them to ensure its good health in the long run.

Some foot health exercises can include ankle pumps, tip-toeing, toe rise, lifting off the floor doing reps and sets, also flexing the toes and involving the shins may help too. It is best to speak with your doctor regarding how to do these fitness steps and how often is right for you. Everyone's needs and bodies are different and it varies from individual to individual to determine what should be done for you to maintain strength in your feet.

Once you get into a routine of doing regular exercise, you may notice a difference in your feet and how strong they may become.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about exercising your feet.

Strengthening Exercises for the Feet

To strengthen the feet and avoid getting aches and pain, some easy exercises can help. Two simple activities, taking off the shoes and playing marbles, can work. Walking around barefoot as much as possible can help build up the muscles without extra work. Picking up marbles with the toes is very useful for rebuilding strength. There is no need to take a break while building up foot strength. If the pain changes the way you run, however, ease off the exercises until you can return to proper form.

Regardless of season or weather, everyday foot care should be practiced year round. For more information about everyday foot care, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with the foot- and ankle information you seek.

Every Day Foot Care

Often, people take care of their bodies, face and hair more so than they do for their feet. But the feet are a very important aspect of our bodies, and one that we should pay more attention to. After all, without our feet, we would not be able to perform most daily tasks. It is best to check your feet regularly to make sure there are no new bruises or cuts that you may not have noticed before, for example.

For dry feet, moisturizer can easily be a remedy and can be applied as often as necessary to the affected areas. Wearing shoes that fit well can also help you maintain good foot health, as well as making it easier to walk and do daily activities without the stress or pain of ill-fitting shoes, high heels, or even flip flops.

Also, wearing clean socks with closed shoes is important to ensure that sweat and bacteria do not accumulate within the shoe. Clean socks help to prevent athlete's foot, fungi problems, bad odors, and can absorb sweat.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Every Day Foot Care

Proper Running Form can help Prevent Injuries

Practicing the right running form is important to ensure that people are making the most of every movement. Practicing a proper running form involves several things, such as: looking ahead, relaxing your shrug, allowing the arms to swing, holding your core, using the glutes, reducing impact, staying bouncy, and focusing on footwork. A universal goal is ensuring that your center of gravity directly over the feet as they hit the ground. Cadence or rhythm can help this while also removing pressure from the knees.

Runners can still be prone to running injuries even with proper precautions. If you are suffering from a running injury see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality treatment and assist you with all of your foot and ankle concerns.

How to Prevent Running Injuries

Many common running injuries are caused by overuse and overtraining. When the back of the kneecap starts wearing out and starts causing pain in your knee, this is commonly referred to as runner's knee. Runner's knee is a decrease in strength in your quadriceps and can occur if you're not wearing properly fitted or supporting shoes. To prevent runner's knee, focusing on hip strengthening is a good idea, as well as strengthening your quads to keep the kneecaps aligned.

What Are Some Causes of Running Injuries?

- One cause of a common running injury is called iliotibial band syndrome.
- Plantar fasciitis is also another common injury.
- Stress fractures can occur from overtraining, lack of calcium, or even your running style.

Best Ways to Prevent Running Injuries

- Wear footwear that fits properly and suits your running needs.
- Running shoes are the only protective gear that runners have to safeguard them from injury.
- Make a training schedule. Adding strengthening exercises as well as regular stretching can help keep you strong and limber and can lessen the possibility of injuries.
- Stretching keeps muscles limber, this will help you gain better flexibility.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about [How to Prevent Running Injuries](#)

Gareth Bale injures Toe

Wales winger Gareth Bale is suspected to have a broken toe and was forced out of a recent training session. Bale was also pulled from the game against Rayo Vallecano. Madrid fear Bale has fractured his toe; if that is the case, Bale's season would be coming to an end, and he would need significant time to recover. While the injury may be serious, it may come as a blessing in disguise, as many Madrid fans believe Bale is the least needed member of Carlo Ancelotti's starting XI. Both Bale and Ancelotti, however, have stood firm, and Bale's injury could possibly save him from being dropped.

A broken toe is extremely painful and needs immediate attention. If you have any concerns about your feet contact podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle needs.

What to Know About a Broken Toe

Although most people try to avoid foot trauma such as banging, stubbing, or dropping heavy objects on their feet, the unfortunate fact is that it is a common occurrence. Given the fact that toes are positioned in front of the feet, they typically sustain the brunt of such trauma. When trauma occurs to a toe, the result can be a painful break (fracture).

Symptoms of a Broken Toe

- throbbing pain
- swelling
- bruising on the skin and toenail
- the inability to move the toe
- toe appears crooked or disfigured
- tingling or numbness in the toe

Generally, it is best to stay off of the injured toe with the affected foot elevated.

Severe toe fractures may be treated with a splint, cast, and in some cases, minor surgery. Due to its position and the pressure it endures with daily activity, future complications can occur if the big toe is not properly treated.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about broken toes.

Go to the Experts when Shopping for Running Shoes

All experts agree that when shopping for running shoes, it's best to go to a store that specializes in running. Experts at one such store, Fleet Feet, know the shoes, know what the fit is, and can observe the biomechanics of their customers to make sure they're getting fit for the right footwear.

Kristen Waddell of Fleet Feet says, "We're going to get you down to two bare feet. We're going to look at the way your foot is shaped, the height of your arch, volume of your foot. Look for any hot spots or anything like that, that we can see that we need to adjust the fit of the shoe for you... This is really where we do that biomechanics check, with your foot in a shoe, watch you run, how you run, and see if that is the right support level for your gait."

If you are a runner, wearing the right running shoe is essential. For more information, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can assess your foot and ankle needs.

Choosing the Right Running Shoe for Your Foot Type

To increase performance and avoid the risk of injury, it is important to choose the right running shoe based on your foot type. The general design of running shoes revolves around pronation, which is how the ankle rolls from outside to inside when the foot strikes the ground.

- Neutral runners are able to choose from a wide variety of shoes, including minimalist shoes or even go barefoot
- Runners who overpronate, or experience an over-abundance of ankle rolling, should choose shoes that provide extra motion control and stability
- Runners who underpronate, or supinate, have feet that have high arches and lack flexibility, preventing shock absorption. They require shoes with more flexibility and cushion

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Choosing the Right Running Shoe

Children affected with Clubfoot Recover thanks to Orthopedic Surgeon

Orthopedic consultant surgeon Professor Rohan Rajan is a hero amongst children patients at the Royal Derby Hospital for introducing the Ponseti method of treating clubfoot. Professor Rajan has treated over

180 cases of clubfoot. The Ponseti method treats clubfoot through manipulation and by using a series of casts to change the shape of the feet without surgery. “In the old days, a child with clubfoot would have to wait until they were 18 months old before they could have treatment. It would involve a long incision—big surgery—to reshape the foot and there was risk of a lot of complication. The Ponseti method means children can have treatment as soon as they are born and it means they do not have to undergo surgery.”

Making sure that your child has the proper foot health is important as they grow up. If you have any questions contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your child’s foot and ankle needs.

Keeping Children's Feet Healthy

Having healthy feet in childhood can help prevent medical problems later in life, namely in the back and legs. As children grow, their feet require different types of care from birth to school-age.

Although babies do not walk yet, it is still very important to take care of their feet.

- Avoid putting tight shoes or socks on his or her feet
- Allow the baby to stretch and kick his or her feet to feel comfortable

As a toddler, kids are now on the move and begin to develop differently. At this age toddlers are getting a feel for walking, so don’t be alarmed if your toddler is unsteady or ‘walks funny’.

As your child gets older, it is important to teach them how to take care of their feet

- Show them proper hygiene to prevent infections such as fungus
- Be watchful of any pain or injury
- Have all injuries checked by a doctor as soon as possible
- Comfortable, protective shoes should always be worn, especially at play

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read More about Keeping Children’s Feet Healthy](#)

Study suggests Overexertion while Running can be Detrimental

According to a new cardiology study, vigorous running over 7 mph, over 2.4 hours a week, more than three times a week can be as harmful as not exercising at all. Published in the Journal of American College of Cardiology, the paper suggests that there may be a point at which exertion becomes threatening and overrides the benefits of an active lifestyle.

Some doctors are cautious of what the study may suggest. Dr. David Bach, a cardiologist and avid runner, cautioned, “It’s important for people not to selectively use the research published recently as a

reason not to exercise, when conditions that afflict sedentary people, like obesity and diabetes, are so prevalent.”

Maintaining a healthy weight and an active lifestyle can promote not only foot health, but overall health. To learn more, speak with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality podiatric care.

Obesity and your Feet

Since your feet are what support your entire weight when standing, any additional weight can result in pain and swelling. Being overweight is one of the main contributors to foot complications.

Problems & Complications

Extra Weight – Even putting on just a few extra pounds could create serious complications for your feet. As your weight increases, your balance and body will shift, creating new stresses on your feet. This uneven weight distribution can cause pain, even while doing the simplest tasks, such as walking.

Diabetes – People who are overweight are at serious risk of developing type-2 diabetes, which has a drastic impact on the health of your feet. As you get older, your diabetes might worsen, which could lead to loss of feeling in your feet, sores, and bruises. You could also become more prone to various infections.

Plantar fasciitis – Pressure and stress that is placed on muscles, joints, and tendons can trigger plantar fasciitis, which is an inflammation of tissue that forms along the bottom of the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Obesity and Your Feet

Ways to Protect Feet after Wearing High Heels

High heels appear to be an unquestionable part of 2015 fashion, as the shoes sported by models walking down this season’s runways were high in height. Ninety-one percent of women in general reportedly feel more attractive in heels. Regardless of whether heels are healthy for the feet or not, there will be women who will choose to wear them. To help salvage damaged feet after wearing heels, Dr. Tariq Khan of the Royal London Hospital for Integrated Medicine has several suggestions: soaking the feet in warm salt water for ten minutes before bedtime to soothe muscles, wearing orthotics to help support the feet and eliminate pain, toughening the soles of the feet with a foot massager, practicing walking in heels with good posture, and protecting the toes from possible corns or bunions by using bunion protectors, bunion pads, and corn caps.

High heels can negatively affect your feet if they do not offer enough support. If you would like to learn more, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will answer any of your foot- and ankle-related questions.

Effects of High Heels on the Feet

High heels are popular shoes among women because they are associated with femininity. Despite their appeal, they can cause many health problems if worn too frequently.

What parts my body will be affected by high heels?

- Ankle Joints
- Achilles Tendon – may shorten and stiffen with prolonged wear
- Balls of the Feet
- Knees – heels cause the knees to bend constantly, creating stress on them
- Back – they decrease the spine's ability to absorb shock, which may lead to back pain. Also, the vertebrae of the lower back may compress.

What kinds of foot problems can develop from wearing high heels?

- Corns
- Calluses
- Hammertoe
- Bunions
- Morton's Neuroma
- Plantar Fasciitis

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about the Effects of High Heels](#)

[Why Big Toes are more likely to Suffer from Ingrown Toenails](#)

According to a recent study conducted by physicist Cyril Rauch, there's a science as to why ingrown toenails are more likely to occur on big toes. When nails grow too quickly or slowly, stresses on the nail occur changing the nail's natural curvature causing cuts into the skin near the nail. The study also found that pregnant women and children, those with a large share of growth hormones in their body, are more susceptible to the condition. Pedicures have also been known to increase the chances of an ingrown toenail occurring due to the process of flattening the nail bed.

Ingrown toenails can become painful if they are left unattended. To learn more, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality foot and ankle treatment.

[Ingrown Toenails](#)

Ingrown toenails occur when a toenail grows sideways into the bed of the nail, causing pain, swelling, and possibly infection.

Causes

- Bacterial infections
- Improper nail cutting such cutting it too short or not straight across
- Trauma to the toe, such as stubbing, which causes the nail to grow back irregularly
- Ill-fitting shoes that bunch the toes too close together
- Genetic predisposition

Prevention

Because ingrown toenails are not something found outside of shoe-wearing cultures, going barefoot as often as possible will decrease the likeliness of developing ingrown toenails. Wearing proper fitting shoes and using proper cutting techniques will also help decrease your risk of developing ingrown toenails.

Treatment

Ingrown toenails are a very treatable foot condition. In minor cases, soaking the affected area in salt or antibacterial soaps will not only help with the ingrown nail itself, but also help prevent any infections from occurring. In more severe cases, surgery is an option. In either case, speaking to your podiatrist about this condition will help you get a better understanding of specific treatment options that are right for you.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Ingrown Toenails](#)

Steps to Keep Diabetic Feet Healthy

According to the Centers for Disease Control and Prevention's 2014 National Diabetes Statistics Report, about 60 percent of non-traumatic lower-limb amputations occur for people ages 20 and older who are living with diabetes. It is very important for diabetics to be aware of whatever cuts or wounds they may have on their feet; due to nerve damage related to diabetes, diabetics often do not realize they even have them. The American Podiatric Medical Association (APMA) has offered some advice to help diabetics protect their foot health. Inspect the feet daily for cuts, bruises, or sores, and treat wounds

immediately. Exercise by walking, which can help you maintain a healthy weight and improve circulation. Keep feet covered and avoid going barefoot if possible. Have a podiatrist safely remove any calluses, warts, or corns.

Diabetics must pay special attention to their feet to help prevent infection. If you are diabetic and have any concerns, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your diabetic feet.

Diabetic Foot Care

Diabetes affects millions of people of all ages each year. Diabetes damages blood vessels in many parts of the body, including the feet. When damage occurs to nerves in the feet, they may be unable to send the proper signals to the peripheral nervous system, resulting in a condition known as neuropathy. Once a diabetic patient develops neuropathy, it is imperative that the feet are well taken care of to avoid possible amputation of the feet.

The Importance of Caring for Your Feet

- Regularly check your feet for bruises or sores.
- Wear socks that fit your feet; socks shouldn't be tight.
- Wear properly fitting shoes that are comfortable.

Patients with diabetes should have their doctor monitor their Hemoglobin A1C levels as this test lets the physician know how well the blood sugar levels have been controlled during the past 3 months. It is important to keep the blood sugar levels in a normal range (70-110mg/dl). It is advisable to visit a podiatrist if the diabetic patient is experiencing any conditions involving the feet.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Diabetic Foot Care

Non-surgical Methods available to treat Hammertoe

Many patients often choose to undergo corrective surgery for hammertoe to quickly relieve the pain and swelling associated with the condition. Insurance companies will often require patients to first try non-surgical treatments, however, before agreeing to cover the cost of hammertoe surgery. Treatments for hammertoe that are non-surgical include a splint to hold the hammertoe in the correct position if it can still be straightened, the placement of non-medicated pads over the tops of the deformed joint to protect the toe from rubbing against the shoe, and the creation of a custom-made orthotic insert to help decrease discomfort. General prevention of hammertoe exacerbation involves wearing properly fitted shoes that leave a gap of at least half an inch between the longest of your toes and the top of the shoe and avoiding wearing high heels.

To successfully correct a hammertoe and relieve the pain and inflammation associated it, medical assistance may be necessary. If you are seeking hammertoe treatment, consult with Dr. Scott Nelson of

Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality treatment and assist you with all of your foot and ankle concerns.

Hammertoe

Hammertoe is little-known a painful condition that affects the second, third and fourth toes involving different joints of the toe and foot. Hammertoe can be caused by many other conditions such as RA (rheumatoid arthritis), osteoarthritis, trauma or injuries to your foot, it can be hereditary and it can also be caused by a cerebral vascular accident. If you wear shoes that are too narrow or short for your feet, it may exacerbate any pain you already have.

It is really important to your overall well-being to seek out medical attention at the first signs of foot pain or anything that may hinder your ability to walk in a normal manner. Taking care of your feet is one of the first steps to being able to live a full and healthy life.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Hammertoes

Runners can benefit from a Post-run Stretch

Runners who exercise daily will often suffer from sore or painful feet. While a daily foot massage is ideal, it is also not always possible. After their daily run, runners should instead consider removing their sneakers and socks to perform foot stretches, which can help soothe the muscles in their feet. While kneeling on a yoga mat or carpet, tuck the toes toward the knees and slowly lower the pelvis to the heels. This position should be held for at least thirty seconds before slowly lifting the hips off the heels. The toes should then be pointed away from the knees before sitting back down on the heels to stretch the tops of the feet. This can be repeated two or three more times to optimally stretch the feet.

Stretching the feet is an important part of any runner's exercise routine. To learn more, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Stretching Your Feet

Being the backbone of the body, the feet carry your entire weight and can easily become overexerted, causing cramps and pain. As with any body part, stretching your feet can serve many benefits. From increasing flexibility to even providing some pain relief, be sure to give your feet a stretch from time to time. This is especially important for athletes or anyone performing aerobic exercises, but anyone experiencing foot pain or is on their feet constantly should also engage in this practice.

Good ways to stretch your feet are:

- Crossing one leg over the others and carefully pull your toes back. Do 10-20 repetitions and repeat the process for each foot
- Face a wall with your arms out and hands flat against the wall. Step back with one foot and keep it flat on the floor while moving the other leg forward. Lean towards the wall until you feel a stretch. Hold for 30 seconds and perform 10 repetitions for each foot

- Be sure not to overextend or push your limbs too hard or you could risk pulling or straining your muscle

Individuals who tend to their feet by regular stretching every day should be able to minimize foot pain and prevent new problems from arising.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about [Stretching Your Feet](#)

Change Socks regularly to help prevent Athlete's Foot

Regularly changing your socks can help prevent the occurrence of fungal infections in the foot, particularly tinea pedis or Athlete's foot. At any given time, fifteen to twenty-five percent of people have it. While one method to avoid Athlete's foot is to wear sandals, the colder months make wearing sandals much more difficult. Changing socks will also reduce unpleasant foot odor. A statement from the U.K.'s National Health Service suggests that you should wear a clean pair of socks at least once a day to avoid smells. Bacteria are also more likely to sit on the surface of polyester and other synthetic fabric in comparison to materials such as cotton.

Having Athlete's foot warrants a visit to your physician for proper treatment. If you have any questions regarding Athlete's foot and how to manage the condition, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Athlete's Foot

Athlete's foot is a very contagious form of fungus, which can infect persons usually resulting in itching, burning, dry, and flaking feet. Treatment is often difficult, because of its contagious and reoccurring nature. Tinea pedis is the fungus which causes athletes foot, and is found to survive in moist humid areas.

Common places found:

- shower floors -public changing areas -locker rooms
- Gyms -bathrooms -public swimming pools
- socks and shoes -dormitory style houses

What is Tinea Pedi?

Is the same fungus which causes ringworm, and is known to be spread by direct contact of the infected body part. Or infection can spread by touching other objects and body parts which have been exposed to the fungus. Tinea Pedi is mostly found on the feet, because it is the ideal place for it to thrive on.

Treatment & Prevention

Because of its reoccurring nature of tinea fungus and athletes foot, the best way to treat this condition is with prevention. By taking the necessary precautions such as:

- Wear flips-flops or sandals in locker rooms and public showers.
- Use powders to keep your feet dry
- Keep your feet exposed to light and cool air
- treating athletes foot with special creams/sprays

For more information about Athlete's Foot, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Athlete's Foot

Women more likely to develop Stress Fractures

Studies have shown that women are at a greater risk of developing stress fractures than men. Reasons for this increased risk include hormonal differences, increased bone density, and higher rates of inadequate nutrition. While athletes in general are at highest risk after changes in intensity, frequency or duration of their workouts; in women, irregular menstrual cycles and weight less than 75 percent of ideal body weight are factors that make for an increased risk for stress fractures. Stress fractures are small cracks that develop in the bone after being stressed, and are most common in the foot, ankle, and lower leg but can occur on bones throughout the body.

Stress fractures can become painful if left untreated for an extended period of time. If you would like assistance in treating a stress fracture in the foot or ankle, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can determine the severity of your condition and provide you with quality care.

Coping with Podiatric Stress Fractures

Stress Fractures occur on the foot and ankle when muscles in these areas weaken as a result of overexertion or underuse. As a result, the ankles and feet lose support when walking or running from the ground. Since these bones are not protected, they receive the full impact of each step. The stress on the feet causes the bones to form cracks.

What are Stress Fractures?

Stress Fractures are very common among those who are highly active and involved in sports or activities that make excessive use of their legs and feet. Stress fractures are especially common among:

-athletes (gymnasts, tennis players, basketball players)

-runners/joggers

-osteoporosis patients

-those who engage in high-intensity workouts

Stress Fracture Symptoms

Pain from the fractures occur in the area of the fractures, and can be either constant or periodic. The pain is usually sharp or dull, accompanied by swelling and tenderness. Engagement in any kind of high impact activity will exacerbate the pain.

For more information about Stress Fractures of the Foot and Ankle, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Stress Fractures

Tips to Manage and Prevent Heel Pain

According to podiatrist Christian Ellul, heel pain is one of the most regularly diagnosed foot problems in women. One of the most common forms of heel pain is plantar fasciitis, inflammation of the band of tissue in the sole that extends to the heels. Although plantar fasciitis can be treated with anti-inflammatories, cortisone injections, footwear is also a major issue. Extremely high heels as well as unsupportive footwear such as flip-flops and flats can make heel pain and other related conditions even worse. Podiatrists may recommend wearing arch supportive footwear, stretching exercises, orthotic devices, and other corrective foot aids to aid patients in managing their everyday heel pain.

Anyone can wind up suffering from heel pain. If your heel is hurting, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will treat your heel pain symptoms in addition to other podiatric-related needs.

Causes of Heel Pain

- Heel pain is often associated with plantar fasciitis. The plantar fascia is a band of tissues that extends along the bottom of the foot. A rip or tear in this ligament can cause inflammation of the tissue.

- Achilles tendonitis is another cause of heel pain. Inflammation of the Achilles tendon will cause pain from fractures and muscle tearing. Lack of flexibility is also another symptom.
- Heel spurs are another cause of pain. When the tissues of the plantar fascia undergo a great deal of stress, it can lead to ligament separation from the heel bone, causing heel spurs.

Why Might Heel Pain Occur?

- Wearing ill-fitting shoes
- Wearing non-supportive shoes
- Weight change
- Excessive running

Treatments

Heel pain should be treated as soon as possible for immediate results. Keeping your feet in a stress free environment will help. If you suffer from Achilles tendonitis or plantar fasciitis, applying ice will reduce the swelling. Stretching before an exercise like running will help the muscles. Using all these tips will help make heel pain a thing of the past.

With the advancements in technology and greater knowledge of how muscles and joints work, physical therapists can turn things around dramatically.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Heel Pain](#)

Cold Temperatures cut off Blood Supply to Toes

A loss of blood circulation in the feet and legs is often caused by peripheral artery disease. Come the winter season, many people suffer from numb fingers and toes as a result of losing blood circulation to their extremities due to colder temperatures. Raynaud's disease, a condition in which the blood vessels in the fingers and toes contract in response to drops in temperature, is behind an estimated ten million people's loss of blood supply. The ceasing of blood flow to the fingers and toes often causes them to turn icy white. Raynaud attacks can last from a few minutes to an hour. When blood flow returns, the fingers or toes will turn blue and eventually red, accompanied with a burning sensation. Due to winter's drop in temperature, attacks often peak during the cold months.

Diseases that cause poor circulation in the feet can be extremely dangerous. If you are having difficulties with reduced circulation, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will identify the cause of your decreased blood flow and help you get the care you need.

[Poor Circulation in the Feet](#)

Poor blood circulation in the feet and legs is caused by peripheral artery disease (PAD), which is the result of a buildup of plaque in the arteries.

Plaque buildup or atherosclerosis results from excess calcium and cholesterol in the bloodstream. It usually restricts the amount of blood which can flow through the arteries. Poor blood circulation in the feet and legs are sometimes caused by inflammation in the blood vessels, known as vasculitis.

Causes

Lack of oxygen and oxygen from poor blood circulation restricts muscle growth and development.

It can also cause:

- muscle pain -numbness in legs
- cramps -skin discoloration
- weakness -slower nail & hair growth
- stiffness -erectile dysfunction

Those who have diabetes and or smoke are at greatest risk for poor circulation, or who are over 50.

If you have poor circulation in the feet and legs it may be caused by PAD, and is important to make changes to your lifestyle in order to reduce risk of getting a heart attack or stroke. Exercise and maintain a healthy lifestyle will dramatically improve conditions

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Poor Circulation in the Feet](#)

School Bus Accident leaves Five-year-old with Broken Foot

Kindergartener Thaddeus Delaney was left with a broken foot after an accident involving a Denver Public Schools bus. The five-year-old was reportedly pushed beneath the bus by a third-grader as it was approaching the curb. "I was going to give my sister a hug and he pushed me and the bus driver was driving along and I fell and it hit me," said Delaney. He broke three bones in one of his feet after the bus ran over his legs. Delaney was later taken to the hospital by ambulance. "He's been mean to me all my life," Thaddeus said of the bully while sitting in a wheelchair with an orange cast on his leg. "There's gotta be a point where it's gotta stop, it's got to," his mother added.

A broken foot requires immediate attention and treatment. If you suspect you have broken your foot, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will examine your injury and provide you with quality treatment.

[Identifying and Dealing with a Broken Foot](#)

When bones in the foot are bent, stretched, or crushed in an unnatural way, they can sometimes break or fracture. Doctors can often determine how the break occurred based on its severity and location.

There are many common symptoms of a broken foot to look out for. Those who experience significant trauma to the feet should check for:

- Bruising
- Pain
- Redness
- Swelling
- Blue (foot)
- Numbness
- Cold
- Misshapen
- Cuts
- Deformities

If one or more of these symptoms persist, one should have x-rays taken by a medical professional. Cold or numb feet, blueness of the skin, cuts, and deformities can be indications of a foot that is very badly broken. It's advised to see a doctor right away if these conditions are observed.

Care for a broken foot depends on the type and severity of the injury. Often times aids like crutches, casts, and splints will be administered. Surgery is also a possibility, although this is reserved for very bad cases. One can also apply ice and keep the foot elevated to reduce swelling. Rest is important during the recovery stage so that the break doesn't become any more aggravated.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more about Broken Feet](#)

Orthotics Prevent and Ease Foot Pain

Brandi Schlossberg, an advocate of foot and ankle orthotics, believes that orthotics can help prevent conditions such as plantar fasciitis. The foot aids take a lot of pressure off of the heels and reduce the amount of shock absorbed into one area, creating an even flow of absorption throughout the foot. Orthotics help reduce the amount of pain and inflammation felt in the foot and ankles when these conditions occur.

Orthotics can also improve the movement of the feet and regulate walking patterns. Optimal usage of the foot while wearing orthotics can prevent conditions like plantar fasciitis before they even start. Although you can get orthotics without a prescription, it is advised to see a doctor before spending any money on them.

Orthotics can be help for a wide variety of foot and ankle prevention. If you are having discomfort of the feet and would like to get fitted for orthotics, contact Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

What are Ankle Foot Orthotics?

Orthotics are physical aids used to support weak limbs or direct the proper function of limbs. Often they are used to support the ankle and foot. Such orthotics are known as AFOs. AFOs help strengthen the muscles or train them to function in the proper position. AFOs can also benefit muscles that need to be lengthened or loosened.

Why might you need orthotics?

Orthotics are often prescribed when someone is suffering from diseases that affect the musculature, like polio and multiple sclerosis. However, more common conditions like arthritis and stroke, or those that “toe in”, may also require orthotics.

Modern orthotics have improved dramatically from the metal braces of previous years. Many of today’s orthotics are made of lightweight plastics and other advanced materials to provide new levels of comfort and support. Often the orthosis is designed in a rigid L shape that is contoured to the calf and flesh colored.

For more information about Ankle Foot Orthotics, please follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Foot Ankle Orthotics

Easily relieve Swollen Feet in Pregnant Women

Pregnant women living with swollen feet should not worry over having difficulty easing their condition, as there are various treatments available that are easily accessible and will help reduce swelling. One of the main causes of swollen feet in pregnant women is salt buildup in the body. To control salt buildup, pregnant women should drink at least 7-8 glasses of water each day. Further reduce swelling by soaking the feet in either salt water or a solution of water and either peppermint or eucalyptus oil. Foot massages help increase blood circulation and blood flow in the feet, as does making sure to keep the feet elevated.

Pregnant women with swollen feet can be treated with a variety of different methods that are readily available. For more information about other cures for swollen feet, speak to Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle concerns and answer any of your related questions.

What foot problems can arise during pregnancy?

One problem that can occur is over-pronation, which occurs when the arch of the foot flattens and tends to roll inward. This can cause pain and discomfort in your heels while you're walking or even just standing up, trying to support your baby.

Another problem is edema, or swelling in the extremities. This often affects the feet during pregnancy, but tends to occur in the later stages.

How can I keep my feet healthy during pregnancy?

- Wearing orthotics can provide extra support for the feet and help distribute weight evenly
- Minimize the amount of time spent walking barefoot
- Wear shoes with good arch support
- Wear shoes that allow for good circulation to the feet
- Elevate feet if you experience swelling
- Massage your feet
- Get regular, light exercise, such as walking, to promote blood circulation to the feet

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read the more about Pregnancy and Foot Health

Medical Student finds that those with Abnormal Biomechanics are more prone to Injury

According to research from medical student Vanessa Mercieca, athletes with high arches or flat feet are more prone to the injuries caused by athletic demands imposed on the feet. Those with abnormal biomechanics of the feet should be extra careful since they are more apt to develop problems such as plantar fasciitis, ankle sprains, and neuromas. In order to avoid foot injuries, athletes should seek medical attention as soon as they feel pain, wear proper fitting shoes, and choose shoes with the correct amount of arch support. Custom orthotics can also help avoid putting too much stress on the foot or over pronation of the foot that results in the aforementioned injuries.

The biomechanics are the moving parts that manage the movement of your feet. If you would like more information, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can assess and provide in-depth information as well as measure your personal foot biomechanics.

A History of Biomechanics

- Biomechanics dates back to the BC era in Egypt where evidence of professional foot care has been recorded.

- In 1974 biomechanics gained a higher profile from the studies of Merton Root, who claimed that by changing or controlling the forces between the ankle and the foot, corrections or conditions could be implemented to gain strength and coordination to the area.

Modern technology improvements are based on past theories and therapeutic processes providing a better understanding of podiatry concepts for biomechanics. Computers provide accurate determinations about the forces, moments and patterns of the foot and lower legs with the most important information captured.

Advances in materials and more awareness of biomechanics have developed enhanced corrective methods, offering further options for foot-related injuries. Understanding foot biomechanics can help improve and eliminate pain, stopping further stress to the foot.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Biomechanics of Podiatry.

Sever's Disease more likely in Children specializing in Sports

To avoid contributing to early injury and damage kids specializing in a single sport should hold off until adolescence, research shows. Once kids reach 15 years of age, specializing can commence as it is at this age that boys usually only have three years left of growing and that girls are just about finishing their growth spurts. Dr. Liebeg of Akron Children's Hospital comments, "During the growth spurts, the growth plates are at a higher risk for injury." Sever's disease is one of the most common growth plate injuries that can occur in growing kids. Physically active kids are especially prone to the disease, which manifests with the inflammation of the heel's growth plate.

Growing children are prone to acquiring Sever's disease. If your child is suffering from heel pain, see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

Sever's Disease

Sever's disease is also known as calcaneal apophysitis, which is a medical condition that causes heel pain in one or both feet. The disease is known to affect children between the ages of 8 and 14.

Sever's disease occurs when part of the child's heel known as the growth plate (calcaneal epiphysis) is attached to the Achilles tendon. This area can suffer injury when the muscles and tendons of the growing foot do not keep pace with bone growth. Therefore, the constant pain which one experiences at the back of the heel will make the child unable to put any weight on the heel. The child is then forced to walk on their toes.

Toe gait- develops in which the child must change the way they walk to avoid placing weight on the heel. This can lead to other problems as well in the future.

Symptoms

Acute pain – pain associated with Sever's disease is usually felt in the heel when the child engages in physical activity such as walking, jumping and or running.

Highly active – children who are very active are among the most susceptible in experiencing Sever's disease, because of the stress and tension placed on their feet.

For more information about Sever's Disease, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Sever's Disease

Toenail Fungus avoidable with proper Salon Sterilization

Fans of summer are filling up nail salons, looking to receive pedicures that will ensure their feet are sandal-ready. The importance of salon sterilization is on the rise, however, as doctors and salon managers become more and more concerned over the risk of acquiring toenail fungus.

Even the most skilled and experienced of pedicurists can accidentally cut the skin and put their clients at risk for infection. It is encouraged to therefore ask about the methods in which salon equipment is sterilized. Due to their use of high-temperature and high-pressure steam, autoclaves have become the gold standard for cleaning metal tools. People with high-risk health concerns such as poor circulation or immunity, or diabetes should avoid pedicures altogether.

Toenail fungus can be difficult to treat. Dr. Scott Nelson of Foot and Ankle Medical Clinic can assist you in determining which treatment is best for you. Dr. Nelson will assist you with all of your podiatric concerns.

Toenail Fungus Treatment

Toenail fungus is a problem which affects many people and is hard to get rid of. Fortunately, there are several methods to go about treating toenail fungus.

Antibiotics & Treatments

Lamisil – is the most commonly effective treatment for toenail fungus. It is available as an antibiotic Terbinafine tablet and cream. Terbinafine is a chemical component which kills fungal growth on the body. Applying regular doses will gradually kill the fungal growth. It is important to keep the area clean and air free

Talcum powder – applying powder on the feet and shoes helps keep the feet free of moisture and sweat.

Sandals or open toed shoes – wearing these will allow air movement and help keep feet dry. They also expose your feet to light, which fungus cannot tolerate. Socks with moisture wicking material also help as well

Alternative Treatments

There are always surgical procedures that are available for toenail fungus. Some people would like immediate quick removal of toenail fungus. Surgeons will be able to cut through and remove the growth using laser surgery. It is important not to try and remove it yourself. Once removed, your old shoes will need to be replaced to avoid reinfection.

For more information about Toenail Fungus, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Toenail Fungus

Obesity Causing Limb Amputation Epidemic in Scotland

According to new data from the United Kingdom's National Health Service, about one hundred Scottish citizens have limbs amputated every month due to health conditions they developed as a result of being obese. The most common of these conditions are peripheral vascular disorder and type 2 diabetes, which can both be caused by the same lack of exercise and a healthy diet that cause people to become overweight.

These hand and foot amputations are costing the NHS about \$82 million a year, way more than the public healthcare sector is able to afford. Those who lose limbs are also entitled to cost-of-living benefits, a \$46 million annual expense for the government.

While obesity can sometimes result in the drastic consequence of amputation, this condition is also known for causing many other less life-threatening foot and ankle problems. If you're an obese individual and you're concerned about your feet, talk to one of our podiatrists of Foot and Ankle Medical Clinic. Our doctors can determine if your weight has caused you to develop any complications in your lower extremities and get you the care that you need.

Obesity and your Feet

Since your feet are what support your entire weight when standing, any additional weight can result in pain and swelling. Being overweight is one of the main contributors to foot complications.

Problems & Complications

Extra Weight – Even putting on just a few extra pounds could create serious complications for your feet. As your weight increases, your balance and body will shift, creating new stresses on your feet. This uneven weight distribution can cause pain, even while doing the simplest tasks, such as walking.

Diabetes – People who are overweight are at serious risk of developing type-2 diabetes, which has a drastic impact on the health of your feet. As you get older, your diabetes might worsen, which could lead to loss of feeling in your feet, sores, and bruises. You could also become more prone to various infections.

Plantar fasciitis – Pressure and stress that is placed on muscles, joints, and tendons can trigger plantar fasciitis, which is an inflammation of tissue that forms along the bottom of the foot.

For more information about Obesity and Your Feet, follow the link below.

If you have any questions, please contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot ankle injuries.

Read more about Obesity and Your Feet

Soda Consumption Correlated with Rheumatoid Arthritis in Women

Data compiled from the soda-drinking habits of over 180,000 women indicates that U.S. women who drink one or more cups of sweetened beverages a day are about 63% more likely to get seropositive rheumatoid arthritis (RA) than those who drink less than that amount. Women over the age of 55 who drink soda are 164% more likely to get the disease. The study, referred to as the Nurses' Health Study, didn't find any connection between diet soda and RA or between sweetened soda and seronegative RA. Excessive consumption of sugary drinks has also been linked to the development of Type 2 diabetes and heart disease.

Rheumatoid Arthritis can become very painful and debilitating if left untreated. For more information about various RA treatments, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will assess your condition and provide you with quality foot and ankle treatment.

What Is Rheumatoid Arthritis?

Rheumatoid Arthritis (RA) is an autoimmune disorder in which the body's own immune system attacks the membranes surrounding the joints. Inflammation of the lining and eventually the destruction of the joint's cartilage and bone occur, causing severe pain and immobility.

Rheumatoid Arthritis of the Feet

Although RA usually attacks multiple bones and joints throughout the entire body, almost 90 percent of cases result in pain in the foot or ankle area.

Symptoms

- Swelling & pain in the feet
- Stiffness in the feet
- Pain on the ball or sole of feet
- Joint shift and deformation

Diagnosis

Quick diagnosis of RA in the feet is important so that the podiatrist can treat the area effectively. Your doctor will ask you about your medical history, occupation, and lifestyle to determine the origin of the condition. Rheumatoid Factor tests help to determine if someone is affected by the disease.

For more information about rheumatoid arthritis please follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more on Rheumatoid Arthritis

Scientists of the University of Calgary Study Running Shoes

University of Calgary scientists want to build the perfect running shoe through studying the effects of comfort and its effect on the rates of injury. Even though the idea of the perfect running shoe has circulated for years, modern schools of thought claim that shoe design has no effect on the rate in which running injuries occur.

Advocates of the 'comfort theory' suggest that people should just go with the pair of running footwear that feels best for them. The scientific team still wants willing participants for their study, hoping to learn more through research.

For help with selecting an appropriate shoe size, consult with podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can measure your feet to determine what your needs are and help you find an appropriate pair of footwear.

Getting the Right Shoe Size

Sometimes it may be difficult finding the right shoe size especially because shoe sizes tend to vary depending on the brand and company you are looking for. A size 6 for one brand may be a size 7 in another. Although many people know their exact shoe size, it can range within 2 sizes depending on where they shop.

So it is important not to always go for a size 7 just because you think you might be a size 7 universally. It is best to try on the shoe and walk around for a bit to see how it fits and how it feels. Comfort is essential and the fitting has to be well otherwise it can lead to blisters, bruises at the back of the ankle and it can also hurt your toes if the shoe is too tight for example.

People walk a lot, so it is important for you to find what is comfortable when it is possible.

For more information about Getting the Right Shoe Size, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Choosing the Right Running Shoes

New York Woman undergoes Cinderella Surgery to remove Bunion

35-year-old New York City resident Denise Maione-Schwind has undergone 'Cinderella surgery,' or a Bunionplasty, to correct the bony bump on the side of her left foot that has been keeping her from comfortably wearing high heels. Determined not to wear flats on a night out, the flight attendant would often spend her evenings at home to avoid pain caused by the bunion. Despite the severity of the procedure, Denise was able to walk within a week. Since having fully recovered, Denise now happily wears any shoe she desires without having to endure any pain. The NYC resident even hopes to one day run the New York Marathon, which would have been a difficult and painful feat prior to surgery.

To avoid extended pain, consider bunion treatment as soon as possible. For more information about bunion treatments, consult with podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs.

What is a Bunion?

A bunion is an enlargement of the base joint of the toe that connects to the foot. The enlargement is formed of swollen tissue or boney growth. This swelling is caused by a shifting of the bones in the big toe inward, impacting the other toes of the foot. The area around the base of the big toe may become inflamed, red, and/or painful.

Formation

Genetics – people who are susceptible to bunions are often genetically predisposed.

Stress on the feet – wearing improperly fitting shoes or running and walking with improper form may cause stress on the feet. Wearing high heeled shoes puts the weight from the body onto the toes, causing further stress and bone displacement.

Diagnosis

A podiatrist who specializes in foot structure and bio-mechanics will be able to diagnose bunions.

Blood Tests - testing the blood for gout or arthritic conditions can help identify the causes.

Radiological Exam – a podiatrist will request an exam to identify the bunion by taking a look at the bone structure. If the x-ray shows an enlargement of the joint near the base of the toe, this usually indicates a bunion.

For more information about Bunions, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Bunions

How to Keep Your Feet Healthy while on the Job

If you have an occupation as a worker that is always on his or her feet, you are probably very familiar with experiencing soreness and pain at the end of the day. Endurance can easily be maintained by considering several important tips. Shoes should be checked to ensure that they offer support, as ill-fitting shoes can contribute to pain and fatigue. When standing, the feet should be planted firmly on the ground with your weight distributed evenly between the two. Take the time to stretch the feet if possible; stretches such as toe curls, toe raises, and toe flexion and extension can help flexibility and reduce stress.

Employees who are always working on their feet should pay special attention to their foot health. If you work on your feet and have foot concerns, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs and answer any of your related questions.

Working On Your Feet

Long periods of standing often times lead to pain and discomfort around the feet. Every day the body undergoes a series of stresses, especially during work. To minimize these stresses on your feet, better shoe choices and proper posture will significantly help.

Better Choices

A Negative Heel

- This is where the heel is slightly lower than the ball of the foot.

Going Barefoot

- Having your feet crammed into shoes for long periods of time increases pressure. Giving your feet some exposure to air and walking barefoot helps tremendously.

Exercise Your Feet

- A foot workout helps correct movements and stimulates the blood flow and muscles of the feet. Implementing yoga exercises to your daily routine is a good example of this.

Foot Care

Spending a majority of the time on your feet will most likely trigger pain; even more so if you suffer from poor circulation. Proper footwear and appropriate stretching will alleviate pain and prevent further issues. When your feet hurt, it is best to take care of them right away.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Working on Your Feet

Stratford Festival supplies Dancers with Custom-Sized Shoes

At the annually-held Stratford Festival, 1000 pairs of shoes are made each year by its various shoemakers. These specially made shoes are created for the many actors and dancers performing in multiple productions staged by the theater at the festival. Customized specifications are often requested by Stratford performers, as professional dancing tends to be rather athletically demanding on the feet.

Several of the tap dancers performing in the theater's upcoming production of Crazy for You requested an alteration in shoe size to allow a certain amount of toe room. The experienced shoe staff readily meets these requests, either altering the shoes themselves or having them done off-site. "It makes a difference as to how you perform, especially with tap dancing," said Kerry Gage, associate choreographer of Crazy for You. "Everybody's feet are entirely different."

Wearing the proper shoe size is pertinent for dancers and other people who are always on their feet. If you require assistance in selecting proper-fitting footwear, see Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can attend to any of your foot and ankle needs.

Getting the Right Shoe Size

Sometimes it may be difficult finding the right shoe size especially because shoe sizes tend to vary depending on the brand and company you are looking for. A size 6 for one brand may be a size 7 in another. Although many people know their exact shoe size, it can range within 2 sizes depending on where they shop.

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People walk a lot, so it is important for you to find what is comfortable when it is possible.

For more information about Getting the Right Shoe Size, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Getting the Right Shoe Size

Dwayne Wade to Return to the Court after undergoing Shockwave Therapy

Last season, the Miami Heat's elite shooting guard Dwayne Wade was allowed to rest his damaged knees due to presence of LeBron James. For 28 games, Wade was not participating on the court but in a "maintenance program" designed by trainers to keep him healthy for the playoffs. This season, however, the Heat is without the presence of James, pushing Wade to become the team's consistent shooting guard. Wade was originally following a specific plan that involved shockwave therapy to prepare his body for a strong playoff run while also strengthening his knees for future seasons. He and the Heat are looking forward to see the extensive effects of the OssaTron shockwave therapy.

Shockwave therapy is a treatment commonly used to treat various injuries and conditions, particularly plantar fasciitis in the feet. To learn more, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality foot and ankle information and treatment.

Shockwave Therapy

Shockwave therapy is a new treatment option designed to treat bone conditions such as tennis elbow, shoulder pain, and others. Shockwave therapy uses high intensity sound waves that are directed to the affected tissues of the body with pinpoint accuracy. The effects are very beneficial, leading to a production of collagen fibers, eliminating inflammation.

Who Benefits from Shockwave?

Shockwave is recommended for patients suffering from heel pain and associated problems. Heel pain is a common condition which can be caused by obesity, overexertion, and spending a substantial amount of time on hard floors with your feet exposed and unsupported.

Fast and Easy

The therapy is actually a simple process that can leave patients feeling better the very next day. Shockwave therapy is not as dramatic as it sounds. It enables more blood flow to effected areas, attacking the source of the problem so treatment lasts for a long time.

Treatment & Recovery Time

Shockwave treatment will enable your feet to recover quickly. This is especially important since surgery is not required. It is cost effective and does not require the use of anesthesia. This treatment is a better option to surgery, since it is proven safe.

For more information regarding shockwave therapy, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Shockwave Therapy

President Obama Struggles with Effects of Plantar Fasciitis

As leader of the United States of America, President Barack Obama needs to be on his feet with all the meetings and conferences he must attend daily. As a result, it may come to no surprise that our president has been contending with pain in his right foot. Dr. Ronny L. Jackson states that Obama's symptoms happen to be consistent with "regular recurring plantar fasciitis".

Chronic plantar fasciitis tends to be common among middle aged people, especially those with overworked feet. Fortunately, our president remains up to the task and is said not to be hampered by his foot pain.

Plantar fasciitis can be quite painful. If you have heel pain, visit one of our podiatrists of Foot and Ankle Medical Clinic. Our doctors can treat your heel pain as well as any other foot or ankle condition.

What is Plantar Fasciitis?

Plantar fasciitis refers to heel and arch pain caused by an inflammation of the connective tissues on the bottom of the foot.

What Causes Plantar Fasciitis?

- Ill-fitting shoes
- Weight change
- Excessive running
- Non-supportive shoes

- Overpronation

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices.
- Shockwave therapy – sends sound waves to the areas where pain is experienced. Requires multiple sessions. This is used for very persistent cases of plantar fasciitis.
- Ultrasound-guided technique with steroid injections into the plantar fascia. This is from a relatively new and small study, but was shown to be effective in most cases treated.

New Studies on Treatment

According to groundbreaking treatment option studies, Luca M. Sconfienza, M.D. says that ultrasound with steroid injections was effective in over 95% of cases that involve plantar fasciitis. This process involves anesthesia and is a single process, out-patient treatment that was discovered to be highly effective. Luca M. Sconfienza M.D. presented her study at an annual meeting for the Radiological Society of North America (RSNA). Be sure to speak with your podiatrist about different methods that can be used, as well as finding out what treatment options they offer.

If you have any questions, please feel free to contact one of our offices located in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Plantar Fasciitis

Runners May Reduce Tendon Injuries with Orthotics

Dr. Jonathan Sinclair of the University of Central Lancashire participated in a study concerning runners and Achilles tendon injury. The study found that people who wear orthotics while running could prevent the possibility of Achilles injury. Sinclair used 12 male participants and had them run on a mat with sensors that measured the movement of the foot.

The study showed that the runners wearing the orthotics were less apt to Achilles tendon injury because of the ease of pressure the insoles provided to the foot. “This probably happens because orthotics offer further cushioning to that already provided by the shoe midsole,” Dr. Sinclair said.

Achilles tendon injuries can be very painful. If you think you have this kind of condition, pay a visit to podiatrist one of our podiatrists of Foot and Ankle Medical Clinic. Our doctors can treat your foot and ankle needs.

What is the Achilles Tendon?

The Achilles tendon is a tendon that connects the lower leg muscles and calf to the heel of the foot. It is the strongest tendon in the human body, and is essential for making movement possible. Because this tendon is such an integral part of the body, any injuries to it can cause severe difficulties and should immediately be presented to a doctor.

What are the symptoms of an Achilles Tendon Injury?

There are various types of injuries that can affect the Achilles tendon. The two most common are Achilles tendinitis and ruptures of the tendon.

Achilles Tendinitis Symptoms

- Inflammation
- Dull to Severe Pain
- Increased blood flow to the tendon
- Thickening of the tendon

Rupture Symptoms

- Extreme pain and swelling in the foot
- Total immobility

Treatment and Prevention

Achilles tendon injuries are diagnosed by a thorough physical evaluation. Often the doctor will order an MRI to confirm the diagnosis. Treatment will involve rest, physical therapy, and in some cases, surgery. However, various preventative measures can be taken to avoid these injuries.

For more information about Achilles Tendon Injuries, follow the link below.

If you have any questions, please feel free to contact one of our offices located in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Achilles Tendon Injuries

International Walk to School Day reminds Kids of Exercise

October 8th has been named International Walk to School Day, and in Richmond Virginia, hundreds of schools participated in the event. International Walk to School Day gives children, parents, school teachers and community leaders the chance to join a global event celebrating the positive effects of exercise. The event will promote physical health and activity and show students the importance of pedestrian safety and safe walking routes to school. Linwood Holton Elementary, in addition to participating in Walk to School Day, is hosting a Mini-Wellness Fair that will teach kids about healthy lifestyles.

It is very important for children to learn the benefits of exercising the feet to promote optimal foot health as they grow. For more information about exercising the feet, consult with Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs and answer any of your related questions.

Exercise for Your Feet

If you spend most of your time on your feet, or don't either way your feet should deserve attention. There are many people who exercise regularly and still don't spend enough time to care for their feet. Your foot does get exposure that requires maintenance since your health has a lot to do with footing.

Exercises

Toe rise – this exercise involves standing on the tip-toes for a count of 15 seconds, then resting your feet on ground. This exercise should be repeated three times a day to strengthen the feet.

Toe Pick-ups – the toes are exercises that are done by picking up small items using your toes. This helps strengthen the muscles on the upper part of the feet. Three sets along with 15 seconds being held should be completed. Small items like marbles or stationary will work.

Ankle Pump – can be performed upwards or downwards. The workout can be completed both ways at the same time. This involves flexing the foot either towards the shin or to the ground. This makes the feet work very well, working large parts of the muscles.

For more information about Exercise for Your Feet, follow the link below.

If you have any questions, please feel free to contact one of our offices in Texas. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Exercise for Your Feet

Specialized Athletics Risks Onset of Sever's Disease in Younger Athletes

In order to prevent sustained damage and injury in the feet and ankles of growing kids, specialization in a single sport should be avoided until he or she is at least 15-years-old. This information has come as a result of a growing number of children trying to specialize in athletics at younger ages, incurring the condition.

Specialization should instead begin upon reaching adolescence, as it is around this time that teens either stop growing or are almost fully developed. Sever's disease is a common foot condition that occurs in growing children, and manifests as the inflammation of the heel's growth plate. The condition often affects child and teen athletes.

While Sever's disease is a foot condition of concern, it is quite common in growing children. If you think your child is suffering from Sever's disease, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can attend to all of your foot and ankle needs and provide you with quality treatment.

Sever's Disease

Sever's disease is also known as calcaneal apophysitis, which is a medical condition that causes heel pain in one or both feet. The disease is known to affect children between the ages of 8 and 14.

Sever's disease occurs when part of the child's heel known as the growth plate (calcaneal epiphysis) is attached to the Achilles tendon. This area can suffer injury when the muscles and tendons of the growing foot do not keep pace with bone growth. Therefore, the constant pain which one experiences at the back of the heel will make the child unable to put any weight on the heel. The child is then forced to walk on their toes.

Toe gait- develops in which the child must change the way they walk to avoid placing weight on the heel. This can lead to other problems as well in the future.

Symptoms

Acute pain – pain associated with Sever's disease is usually felt in the heel when the child engages in physical activity such as walking, jumping and or running.

Highly active – children who are very active are among the most susceptible in experiencing Sever's disease, because of the stress and tension placed on their feet.

For more information about Sever's Disease, follow the link below.

If you have any questions, please feel free to contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the latest in diagnostic and treatment technologies to meet all your needs.

Read more about Sever's Disease

Putty Implant Cartiva relieves Arthritic Toe Pain

In the population of Great Britain approximately half a million people are affected by arthritis of the big toe. Cartiva, a new implant made of a putty-like material, can now alleviate the pain and stiffness caused by arthritis. The implant is surgically inserted between the bones of the toe to keep them from rubbing together. The flexible material allows it to act as a shock absorber, similarly to cartilage. Sixty-seven-year-old Val Cornwall of Hillingdon, Middlesex underwent surgery for the procedure in February 2011 and is now as active as ever. After forty minutes of operation under general anesthetic, Cornwall was able to leave the hospital the next morning.

The feet are particularly susceptible to arthritis, especially in the big toe. If you are suffering from painful arthritis of the foot or ankle, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will alleviate your joint pain and provide you with quality foot and ankle treatment.

Arthritic Foot Care

In an average lifetime, we walk approximately 75,000 miles. This can put a great deal of stress on the 26 bones and 30 joints that we have in our feet. As we get older, our feet lose flexibility and elasticity. Our shock absorbers weaken, and if arthritis comes into play, the joints become inflamed and distorted. Arthritic foot care and treatment would become imperative at this point.

It is best to take care of your feet by wearing well-fitted shoes. Certain conditions may develop when you wear shoes that don't fit properly, for example hammertoes, neuroma, and bunions. Wearing shoes that have a lower heel and extra room in the shoe can help your feet be comfortable. In cases of rheumatoid arthritis, the arch in your foot may become problematic. Buying shoes with arch support will help; it is also a good idea to buy shoes that contour to your foot.

Alleviating Arthritic Pain

-Specific exercises may help; stretching the Achilles tendon can prevent further pain and injury. Stretching can also increase your mobility.

For more information about Arthritic Foot Care, follow the link below.

If you have any questions, please feel free to contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the latest in diagnostic and treatment technologies to meet all your needs.

Read more about Arthritic Foot Care

Acupuncture Could Help Treat People Contending with Pain in Their Heels

Scientists at Guangzhou Dongsheng Hospital, in combination with Guangzhou Social Welfare House in China held a study whose results suggest acupuncture as a viable treatment for those suffering from heel pain. This includes patients who are contending with conditions like plantar fasciitis and Achilles tendonitis.

Researcher Xu Xuemeng and his team produced an experiment consisting of two groups; one control while the other was given acupuncture. In total, there were sixty-six patients suffering a variety of heel pain. The control group was treated conventionally through drugs while the other received filiform acupuncture and needle treatment.

The results, they found, overwhelmingly conclude that the acupuncture group had an effective rating of almost 97% versus the 76% of conventional drugs.

Anyone can wind up suffering from heel pain. If your heel is hurting, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will treat your heel pain symptoms in addition to other podiatric-related needs.

Causes of Heel Pain

Heel pain is often associated with plantar fasciitis. The plantar fascia is a band of tissues that extends along the bottom of the foot. A rip or tear in this ligament can cause inflammation of the tissue.

Achilles tendonitis is another cause of heel pain. Inflammation of the Achilles tendon will cause pain from fractures and muscle tearing. Lack of flexibility is also another symptom.

Heel spurs are another cause of pain. When the tissues of the plantar fascia undergo a great deal of stress, it can lead to ligament separation from the heel bone, causing heel spurs.

Why Might Heel Pain Occur?

- Wearing ill-fitting shoes

- Wearing non-supportive shoes
- Weight change
- Excessive running

Treatments

Heel pain should be treated as soon as possible for immediate results. Keeping your feet in a stress free environment will help. If you suffer from Achilles tendonitis or plantar fasciitis, applying ice will reduce the swelling. Stretching before an exercise like running will help the muscles. Using all these tips will help make heel pain a thing of the past.

With the advancements in technology and greater knowledge of how muscles and joints work, physical therapists can turn things around dramatically.

If you have any questions, please feel free to contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot and ankle injuries.

[Read more about Heel Pain](#)

Gout's Return to Britain exacerbated by Poverty

The return of Victorian-age diseases such as gout to Britain has been caused by a combination of poor wage growth and increased food prices, reports the Faculty of Public Health (FPH), which represents doctors and health workers in the country. The FPH has linked food poverty to the rise of these diseases. "It is a condition we believed should have died out," stated John Middleton of the FPH. "It's getting worse because people can't afford good quality food." Poverty in Britain has been a topic of great debate since the global financial crisis. Since 2008, wages have been consistently below the rate of inflation. Gout is a type of arthritis that can be caused by obesity and a diet rich in chemical compounds called purines, found in foods like sardine and liver.

The prevention of gout and the slowing of gout exacerbation rely on making healthy diet and lifestyle choices. For more information about gout treatment and prevention, speak to Dr. Scott Nelson, DPM of

Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle concerns and answer any of your related questions.

What is gout?

Diseases of the feet can affect the whole body, and symptoms usually arise within the feet. A condition like gout can make a patient's ability to walk unbearable. The pain caused by this disease is often so agonizing that it requires elevation of the feet and some time off for them to fully recover.

Known in the past as "the disease of kings," Gout is caused by an excess of uric acid in the body. Some common symptoms include pain, inflammation, and redness at the metatarsal/phalangeal joint of the base big toe. This buildup of acid is typically seen on the big toe of the foot and can cause inflammation, redness and swelling. Although these are common symptoms of the diseases others include joint pain, extreme fatigue and a high fever.

Gout can be treated by NSAIDs, which relieves pain and inflammation and other drugs which lowers the acid levels in the body.

For more information about gout, please follow the link below.

If you have any questions, please contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Gout

Andrew Snope beats 24-hour Barefoot Running World Record

With a distance of 136.98 miles, Andrew Snope of Savannah, Georgia was able to break the 24-hour barefoot running world record, beating out the previous distance of 131.43 miles marked by New Zealand's Peter Wayne Botha. Despite being rather new to running, having only started less than three years ago, Snope has always been active. The athlete runs barefoot on asphalt and concrete, or on the beach while at home.

The runner looked comfortable on the track after the passing of five hours. Another nineteen hours later, Snope's feet looked like they had not just run barefoot for an entire day; the bottoms of his feet were not cut, blistered or scraped.

If executed correctly, barefoot running can be very beneficial for your feet. To learn more about the effects of barefoot running, consult with Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will attend to all of your foot and ankle needs and answer any of your related concerns.

Barefoot Running

The Impact of Barefoot Running

- Running without shoes changes the motion of your running, as most running is done by landing on the heel of the feet.
- Running barefoot requires a different way of running; the landing is done on the front part of the feet.

The Advantages of Barefoot Running

- When running and landing on the front feet, the impact on the feet and ankle is reduced, this can reduce stress injuries.
- It strengthens muscles in the feet and ankles and the lower legs.
- Balance of the body is improved and there is a greater sensory input from the feet to the rest of the body.

The Drawbacks of Barefoot Running

- No protection while running, makes it likely that runners will land on sharp objects and scrapes, bruises and cuts on the feet will result.
- Blisters may form.
- Possibility of plantar fascia problems.
- Risk of getting Achilles tendonitis.

So what can runners do to make barefoot running safe? It's best to make a slow transition from running shoes to barefoot running. Once the feet begin to adjust, try walking, then jogging and gradually increasing the distance. Minimalist running shoes may also be an option.

If you have any questions, please feel free to contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot and ankle injuries.

[Read more about Barefoot Running](#)

[Colin Kaepernick played Last Season hiding Foot Injury](#)

After sustaining a supposedly minor foot injury last season, 49ers' athlete Colin Kaepernick was added to the injury report. At the time, Kaepernick reported that the injury was not something to be concerned about and even joked that it was a mere hangnail. Now, however, the athlete reveals that the 'mere hangnail' was actually a chipped bone in his forefoot and a ruptured capsule in the ball of his foot.

The injuries were sustained in a game against the Seahawks during Week Two, and slowed down Kaepernick for most of the rest of the season. "It was something that was always there," Kaepernick stated. "Never spoke about it, never said anything about it because you're a football player; you play through pain ... If it's something you can play through, that's what you do."

Playing sports with injuries may worsen them and make the healing process more difficult. If you are suffering from a sports injury see Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will assist you with all of your foot and ankle concerns and provide you with quality treatment.

[Playing Sports with Foot Injuries](#)

Many types of foot injuries affect athletes over the course of their athletic career. Despite their setbacks, many of these athletes will continue to play with mild foot injuries and attempt to 'push' through the pain. In order to be able to prevent injuries, it is important to stretch before any activity, wear proper footwear and replace shoes as needed. Some of the foot injuries athletes are at risk for include:

- Turf toe- upward bending of the big toe outside normal range of motion
- Stress Fractures
- Overpronation- excessive foot movement during gait
- Plantar Fasciitis- swollen ligament in the foot's base
- Strains

There are many types of treatments necessary to keep the injury from becoming more serious. Ice is often used to reduce swelling and inflammation while applying a compression bandage can help reduce pain and stress on the foot. For more serious injuries it is recommended to consult with a podiatrist or orthopedic specialist as fractures and other serious conditions may require surgery.

If you have any questions, please feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot and ankle needs.

[Read more about Playing Sports with Foot Injuries](#)

[How to Treat Aging Feet](#)

At home care for aging feet can be difficult, especially if there are problems with joint stiffness or diabetes. The best way to treat common problems may be to get a pedicure. These licensed professionals can spot issues before they become severe enough to require a doctor visit. "Many seniors can't see their feet as well as they used to and pedicures give us the chance to look for problems like broken toes, cracked, bleeding skin, thickening of toenails, ingrown toenails and nail fungus," said Salon PS district manager Julie Defelice. "If we catch a fungus quickly it can be treated."

Thankfully, every day foot care is not difficult. To receive professional foot care, see Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can treat your foot and ankle needs.

Every Day Foot Care

Often, people take care of their bodies, face and hair more so than they do for their feet. But the feet are a very important aspect of our bodies, and one that we should pay more attention to. After all, without our feet, we would not be able to perform most daily tasks. It is best to check your feet regularly to make sure there are no new bruises or cuts that you may not have noticed before, for example.

For dry feet, moisturizer can easily be a remedy and can be applied as often as necessary to the affected areas. Wearing shoes that fit well can also help you maintain good foot health, as well as making it easier to walk and do daily activities without the stress or pain of ill-fitting shoes, high heels, or even flip flops. Also, wearing clean socks with closed shoes is important to ensure that sweat and bacteria do not accumulate within the shoe.

For more information about Every Day Foot Care, follow the link below.

If you have any questions please feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all of your foot ankle injuries.

Read more about Every Day Foot Care

Your Health Can Depend on the Shoes You Wear

According to CBS 2's Kathryn Brown your footwear not only determines your comfort but can affect your health as well. Due to many patients suffering from pain in areas such as the feet, legs, hips or back from bad footwear, doctors now believe that adult foot size may not be constant. The notion of foot size remaining the same upon entering adulthood is a common misconception many people have.

Dr. Rock Positano of the Hospital for Special Surgery stated, "One of the more uncommon things that we see is that a woman or a man will be trying to fit a size 9 foot into a size 7 shoe." To ensure proper fitting shoes, feet should be measured at least once a year. When shoes are too large or too small, the feet must compensate and work even harder.

Proper fitting shoes are essential to one's overall health. For foot and ankle injuries, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will treat all of your foot and ankle needs.

Proper Shoe Fitting

A common concern when it comes to foot health, having properly fitted shoes can help prevent injuries to the foot. Our feet affect our posture and gait, which in turn affects the biomechanics and overall bodily structure. With 33 joints, 26 bones, and over 100 ligaments, the potential for serious injury is much greater than one realizes. Although the feet cease growth in adulthood, they still change shape as they mature. Here are some factors to consider when it comes to investing in properly fitting shoes:

- Be sure the shoes fit correctly right away
- Ensure the ball of your foot fits comfortably in the widest portion of the shoes
- Even though they may look fashionable, improperly fitting shoes can either create adverse conditions or exacerbate existing ones you may already have
- Walk along a carpeted surface to ensure the shoes comfortably fit during normal activity

For more information about Proper Shoe Fitting, follow the link below.

If you have any questions, feel free to contact one of our offices in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Proper Shoe Fitting

Simple Exercises help Runners Avoid Injury

Even the most experienced of runners, according to Mary Brunet of Back in Motion Physical Therapy, are susceptible to running injuries. Of these injuries, shin splints, knee pain, and plantar fasciitis are in particular the most likely to occur. Avoiding these injuries is possible, however, with special care and exercise.

Wearing shoes with a sufficient foot arch is the first step runners should take to help prevent injury. In addition, instead of suddenly adding more miles to your running course all at once, lengthening your

distance should be done slowly and gradually. To help prevent injury, Brunet also recommends an exercise in which the foot is pushed down onto the ground while raising the foot's arch at the same time.

Even with proper preparation, running injuries are not always preventable. If you think you have acquired a running injury, visit Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with proper foot and ankle treatment.

How to Prevent Running Injuries

Many common running injuries are caused by overuse and overtraining. When the back of the kneecap starts wearing out and starts causing pain in your knee, this is commonly referred to as runner's knee. Runner's knee is a decrease in strength in your quadriceps and can occur if you're not wearing properly fitted or supporting shoes. To prevent runner's knee, focusing on hip strengthening is a good idea, as well as strengthening your quads to keep the kneecaps aligned.

What Are Some Causes of Running Injuries?

- One cause of a common running injury is called iliotibial band syndrome.
- Plantar fasciitis is also another common injury.
- Stress fractures can occur from overtraining, lack of calcium, or even your running style.

Best Ways to Prevent Running Injuries

- Wear footwear that fits properly and suits your running needs.
- Running shoes are the only protective gear that runners have to safeguard them from injury.
- Make a training schedule. Adding strengthening exercises as well as regular stretching can help keep you strong and limber and can lessen the possibility of injuries.
- Stretching keeps muscles limber, this will help you gain better flexibility.

If you have any questions, feel free to contact one of our offices in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about [How to Prevent Running Injuries](#)

Surgery Rumors Dismissed by NBA Newcomer

Julius Randle might just be starting out in the NBA, but he already had to address rumors of needing foot surgery. Many of these concerns seem to be because Randle underwent a screw insertion in his foot last

year as a result of a fracture. Fans and analysts have speculated that the screw needs to be replaced. However, Randle is pretty intent when it comes to avoiding surgery. "My foot is fine," Randle stated. "Everybody has their opinion on what they should do. But I'm pain-free. No pain before, during, or after. I'm fine."

Getting back into sports can be a hard thing to do after you've suffered a serious foot or ankle injury. If you are injured, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will treat your foot and ankle injuries.

Getting Back into Sports after Foot and Ankle Injuries

While one of the most common injuries among athletes may be a sprained ankle, there are still many other types of injuries that plague athletes in any sport. But for less severe foot and ankle injuries, it is recommended by physical therapists and sports medicine doctors that athletes use the R.I.C.E. method to help alleviate pain and to speed up the healing process.

The acronym R.I.C.E. stands for rest, ice, compression, and elevation. These four steps help in the healing process, not only to reduce pain, swelling, and inflammation, but also to improve overall health of the affected area, allowing you to get back on to your feet again. Although resting is usually the key to all healing, it is necessary to see a doctor to ensure treatment for any other problems that may not be obvious to you right away.

It is best for injured athletes to allow themselves time to heal. Some athletes need hours of re-training, exercise, check-ups with their physical therapist, and other remedies.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Getting Back into Sports after Foot and Ankle Injuries

Detailed Process Involved with Choosing the Right Running Shoe

Yahoo! Beauty writer Britt Aboutaleb discovered that there is a detailed process involved with getting a new running shoe after her own recent excursion to a Nike store. At the store Aboutaleb visited, the staff asked her questions regarding her activity levels, intensity of training, and habits while running.

After her initial assessment, Aboutaleb's running techniques were videotaped while she ran on a treadmill. From these results Aboutaleb would find she had a tendency to over-pronate. Other people may find the foot goes in an awkward direction or how their arch affects their feet. As a result, Aboutaleb was able to purchase a shoe that best fit her personal biomechanics.

When it comes to choosing the right running shoe, opt for a shoe with adequate cushion and comfort. For your foot and ankle needs, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can treat your podiatric necessities.

Choosing the Right Running Shoes for Your Foot Type

Running is a physical activity although fun, can put a lot of stress on the joints, bones and ligaments of the body. Injury and stress on the foot can be an important factor on which kind of shoe you're wearing. Running shoes should be worn based on your foot type. It is important to find out what fits you based on cushioning, stability and motion.

Determining your type

Speak with a shoe specialist or retail professional to see what your foot type is. They will be able to identify and measure your arch type, stride and gait.

Running Mechanics

When you are running or walking in your shoes, every step determines how your foot is landing. Pronation is the natural rolling of your ankle from outside to inside during foot strike.

Pronation is a correct form of walking or running. It helps absorb shock and store energy from your lower extremities. Neutral runners who pronate correctly do not need specific shoes, since they have stability and control.

For more information about Choosing the Right Running Shoe, follow the link below.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Choosing the Right Running Shoe

Wearing Flip-Flops Constantly Can Produce Adverse Conditions

Siouxland Matters writer Allison Walker believes that wearing flip-flops for a long period of time produces the likelihood of adverse effects on the foot and ankle. Heel pain and ankle injuries from slipping are just some of the risks you take by wearing flip-flops. Dr. Valerie Tallerico adds that "Another concern, is tendonitis or capsulitis of their digits, even in the future, hammertoe deformities."

The best defense against these conditions is to opt for flip-flops with good foot support, or better yet not wear flip-flops at all. Mike Pape of Rudolph's Shoe Mart says, "There are different types of what they call orthotics or foot beds that are in the various shoes and sandals . . . Now there's all the different components that go into making the different arches."

If you must wear flip-flops, opt for ones that provide good support. If you have questions, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will provide you with quality foot and ankle care.

Flip-Flops and Feet

When the weather starts warming up, people enjoy wearing flip-flops. Flip-flops are comfortable, stylish, and easy to slip on and off, perfect for any summer beach goer. However, these shoes can cause harm to the feet.

How Can Flip-Flops Affect Me Long-Term?

- Ankle problems
- Hip problems
- Lower back problems
- Pain in the balls of the feet
- Problems with foot arches
- Changes in the way you walk

Are there injuries associated with flip-flops?

Yes. Since flip-flops are relatively weak and do not provide the same amount of support as sneakers, people who wear flip-flops are more susceptible to injuries. On top of that, the open nature of the shoe makes your feet more prone to other problems, such as cuts and even infections. Common injuries and ailments include:

- Sprained ankles
- Blisters
- Infections
- Cuts and Scrapes

I like wearing flip-flops, are there safe alternatives?

When buying flip-flops, try to find ones that have sturdy soles and are made of high quality materials that will support for your feet. These flip-flops will cost more, but will also last longer as a result; make sure you are purchasing your flip-flops from a respected brand too.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Flip-flops and Feet

Doctors Mistake Young Girl's Cancer for Flat Feet

The parents of six-year-old Erin Grey first noticed that their daughter was having trouble walking in May of 2012. Doctors initially claimed that the young girl's flat feet were what was causing her limp, but over

time the condition got worse, and her guardians began to worry that something more serious was going on.

Erin visited multiple doctors' offices that year, and with each visit she was given a different diagnosis. It wasn't until December 2012 that her condition was finally identified as leukemia. Since then Erin has bravely worked her way through her chemotherapy and was able to go back to school in March of the following year.

Having flat feet can lead to difficulty walking and pain in the lower back and extremities. If you're arches are so low that you think you might need a medical consultation, contact podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will work with you to figure out why your feet are causing you so much discomfort and recommend an appropriate method of foot care to alleviate your pain.

What are Flat Feet?

Flat feet are a condition in which the arch of the foot is depressed and the sole of the foot is almost completely in contact with the ground. Standing about 20-30% of the population generally has flat feet because their arch never formed during growth.

Conditions & Problems:

Having flat feet makes it difficult to run or walk because of the stress placed on the ankles.

Alignment – The general alignment of your legs can be disrupted, because the ankles move inward which can cause major discomfort.

Knees – if you have complications with your knees, flat feet can be a contributor to arthritis in that area.

Symptoms:

Pain around the heel or arch area

Trouble standing on the tip toe.

Swelling around the inside of the ankle.

Flat look to one or both feet.

Having your shoes feel uneven when worn

Treatment:

If you are experiencing pain and stress on the foot you may weaken the posterior tibial tendon, which runs around the inside of the ankle.

For more information about Flat Feet, follow the link below.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Flat Feet

Alarming Amount of Americans Dealing with Diabetes

A new report from the Centers for Disease Control and Prevention shows that about nine percent of the U.S. population has diabetes, and about a third has a high risk of developing it. The data indicates that the total number of diabetic Americans has risen from 26 million to 29 million in the past four years.

Most of these individuals are thought to have Type 2 diabetes, which is typically contracted as a result of a poor diet and a lack of exercise. "These new numbers are alarming and underscore the need for an increased focus on reducing the burden of diabetes in our country," said Ann Albright, director of the CDC's diabetes translation sector.

Many people who have diabetes don't get the proper medical attention they need for it, which sometimes leads to limb amputations and other drastic consequences. If you're diabetic and would like professional help caring for your feet, speak to podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can examine your lower extremities and suggest appropriate forms of treatment for any complications that may have occurred.

Diabetic Foot Care

Diabetes affects millions of people of all ages each year. Diabetes damages blood vessels in many parts of the body, including the feet. When damage occurs to nerves in the feet, they may be unable to send the proper signals to the peripheral nervous system, resulting in a condition known as neuropathy. Once a diabetic patient develops neuropathy, it is imperative that the feet are well taken care of to avoid possible amputation of the feet.

The Importance of Caring for Your Feet

- Regularly check your feet for bruises or sores.
- Wear socks that fit your feet; socks shouldn't be tight.
- Wear properly fitting shoes that are comfortable.

Patients with diabetes should have their doctor monitor their Hemoglobin A1C levels as this test lets the physician know how well the blood sugar levels have been controlled during the past 3 months. It is important to keep the blood sugar levels in a normal range (70-110mg/dl).

For more information about Diabetes, follow the link below.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Diabetes

Jimmy Harrington Walks to Fight Childhood Cancer

A man from Australia just finished a year-long walk to raise money for children with brain and spinal cancers. He was inspired by a little girl he met working at a Woodcroft café named Emily Cook, who died of a rare brain cancer a week from her ninth birthday.

Walker Jimmy Harrington says that he's encountered considerable generosity. "Caravan parks have been putting us up for no cost and when people hear what I'm doing they'll pull whatever they have out of their pockets to donate," he says. Harrington has also been privileged with some truly empathetic companions along the way. "I've even had Colin Ricketts, who walked around Australia in 2005, fly from Adelaide to Melbourne to walk with me. His son had a brain tumor and it was really good to share stories on the road."

An ingrown toenail and twelve pairs of shoes later, Harrington finished his walk with \$200,000 to help children suffering from cancer.

Whether it's a year around Australia or ten steps to the car, an ingrown toenail can be an annoying hindrance. For treatment seek the care of podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will care for all of your foot and ankle needs.

Ingrown Toenails Causes

Ingrown toenails occur when a toenail grows sideways into the bed of the nail, causing pain, swelling, and possible infection.

Risk factors for ingrown toenails include cutting your nails too short, participating in strenuous sports, diabetes, obesity, and fungal infection. It is possible to be genetically predisposed to ingrown nails, and wearing ill-fitting or damp shoes can exacerbate the problem.

Treatment

There are a number of steps you can take to treat ingrown nails:

- Let your toenails grow out
- Soak the toes in hot water with antibiotic soap or Epsom salts
- Place cotton under the affected nail to allow the toe to grow up instead of into the nail bed
- Rest with your feet up

If your pain is severe or you see red streaks running up your leg, you should see a podiatrist. Your podiatrist may make a small incision and remove part of the toe nail to relieve the pressure. A local anesthetic may be used to lessen the discomfort of the operation. Topical medication may also be prescribed.

If you have any questions feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer all the latest in diagnostic and treatment technologies to meet your needs.

Read more about Ingrown Toenails

Ellis Sprains Ankle While Congratulating Teammate

When Dodgers pitcher Josh Beckett threw his no-hitter against the Phillies last Sunday, the rest of his team rushed onto the field at the end of the game to congratulate him on his accomplishment. Unfortunately, the celebration ended in pain for catcher A.J. Ellis, who slipped on backup catcher Drew Butera's mask and twisted his ankle. The team doctor officially diagnosed it as a sprain, and he was placed on the DL for fifteen days.

"I wanted to be a part of it. It's a great day, a great experience to be a part of. I quickly lost my thrill for what happened," Ellis said. "Rolled it pretty good. I'm beyond frustrated, still kind of shocked."

Ankle sprains aren't the most serious injuries, but they can certainly be painful. For assistance dealing with any kind of ankle injury, consider visiting podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will determine whether or not you have a sprain and recommend an appropriate form of treatment.

How Does an Ankle Sprain Happen?

This type of injury takes place when the ligaments are torn or stretched beyond their limits. There are multiple ways that the ankle can become injured; however, even the simple act of walking may cause a sprain. If footing is lost or you are walking on uneven terrain, ankle damage may occur.

What are the Symptoms?

- Mild to moderate bruising
- Limited mobility
- Swelling
- Discoloration of the skin, depending on severity

Is there a Way to Care for my Ankle at Home?

Self-care for ankle sprains includes propping the ankle up and keeping it elevated, applying ice packs as needed, and remaining off your feet. Some may also find that wrapping the ankle with an ACE bandage and taking over-the-counter pain relievers are helpful.

Preventing a Sprain

- Wearing appropriate shoes for the occasion
- Stretching before exercises and sports
- Knowing your limits can aid in prevention

Treatment of a Sprain

Treatment of a sprain depends on the severity. Many times, people are told to rest and remain off their feet completely, while others are given an air cast, which will allow you to walk while stabilizing the ankle.

For more information about Ankle Sprains, follow the link below.

If you have any questions feel free to contact our office in Garland, TX. We offer the latest in diagnostic and treatment technology to meet your needs.

Read more about Ankle Sprains

Marathon Runner Bob Satko Runs 250 Miles with Blisters

In honor of his grandson, Blake Robison, Maple Valley resident Bob Satko is set to run 250 miles to raise money for the Fanconi Anemia Research Fund. Blake was diagnosed with Fanconi Anemia, a rare disease of the blood, just last year. This form of anemia is inherited and can ultimately manifest into several cancers and bone marrow failure, according to the Fanconi Anemia Research Fund.

Satko himself is a seasoned runner and has run 44 marathons. "In 2012 I had huge blisters on the bottoms of both feet that got infected and I had to go to the hospital . . . This year I will be much more careful," Satko stated in an email. In light of his grandson's illness, Satko is prepared to run the extra 50 miles.

Blisters on the feet can be especially painful and debilitating. If you are suffering from blisters or other foot or ankle pains, consult with podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can attend to your foot and ankle needs.

Blisters on the Feet

When tight or ill-fitting footwear is worn, many times a foot blister may develop. Blisters can even develop by constant rubbing from the shoe, often times leading to pain.

What is a Foot Blister?

A foot blister is a small pocket that is filled with fluid, forming on the upper most layer of the skin. Blisters are filled with clear fluid, and may lead to drainage of blood or pus if the area has become infected.

How do they Form?

Blisters of the feet are almost always the result of shoe rubbing and constant friction of the skin and material. Long periods of walking in shoes, sandals, or boots which don't fit properly can result in a blister. Those who often have moisture or humidity in the feet, are prone to blister formation easily.

For more information about the prevention and treatment of blisters on the feet, follow the link below.

If you have any questions, please feel free to contact one of our offices, located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot ankle injuries.

Read more about Blisters on Feet

Jennifer Lawrence Trips Again While Wearing High Heels

At the recent X-Men: Days of Future Past premiere in New York, actress Jennifer Lawrence nearly fell to the floor once again. The Hunger Games star has been making a spectacle at red carpet events, notably tripping at the Oscars for a consecutive two years. This time around, the actress slipped in her strappy high heels while making her way up some stairs at the X-Men premiere. Thankfully, a close-at-hand assistant was able to catch the star just before she fell.

The actress is making a habit out of stumbling on her own feet around the red carpet. Nevertheless, Lawrence still manages to maintain an air of grace.

Many women experience foot troubles due to high heels. If you are experiencing high-heel related or foot related problems in general, consult with podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can assist you with your podiatric concerns.

Effects of High Heels on the Feet

High heels are popular shoes among women because they are associated with femininity. Despite their appeal, they can cause many health problems if worn too frequently.

What parts my body will be affected by high heels?

- Ankle Joints
- Achilles Tendon – may shorten and stiffen with prolonged wear

- Balls of the Feet
- Knees – heels cause the knees to bend constantly, creating stress on them
- Back – they decrease the spine's ability to absorb shock, which may lead to back pain. Also, the vertebrae of the lower back may compress.

What kinds of foot problems can develop from wearing high heels?

- Corns
- Calluses
- Hammertoe
- Bunions
- Morton's Neuroma
- Plantar Fasciitis

How can I still wear high heels and maintain foot health?

If you want to wear high heeled shoes, make sure that you are not wearing them every day, as this will help prevent long term physical problems. Try wearing thicker heels as opposed to stilettos to distribute weight more evenly across the feet. Always make sure you are wearing the proper shoes for the right occasion, such as sneakers for exercising. If you walk to work, try carrying your heels with you and changing into them once you arrive at work.

If you have any questions feel free to contact our office in Garland, TX. We offer the latest in diagnostic and treatment technology to meet your needs.

[Read more about the Effects of High Heels on the Feet](#)

[Leon Hall May be Recovered from Tendon Injury by July](#)

Leon Hall, a 29-year-old cornerback for the Cincinnati Bengals, believes that he will be recovered from the Achilles tendon injury he incurred in Detroit last year. This injury is actually the more recent of two Achilles tears he has suffered from during the past three years. Reports indicate that Hall's rehabilitation is going smoothly, and he was even able to participate in a voluntary workout with the rest of the team.

"What can I do? I can do it all, actually," he said. "I feel comfortable pretty much doing anything, whether it's straight ahead, lateral type stuff, jumping, landing. I think I'm pretty good to go with almost everything."

Athletes who sustain podiatric injuries while playing sports often end up having to go through physical rehabilitation. If you would like to know more about the rehabilitation process, talk to podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can help you get the treatment you need to get you back on your feet as soon as possible.

[Foot Rehabilitation for Athletes](#)

Injured athletes are always looking for better, faster ways to aid their recovery and get back to the sport they love. To do this, podiatrists and physical therapists are often consulted so the injured athlete can get back onto the field as soon as possible. But rehabbing an injury is just as serious as the injury itself, and going through the motions of physical therapy or rehabilitation is a necessary process to keeping that injury at bay.

Sports Therapist or Physical Therapist?

If an athlete gets a foot injury, it is essential to receive foot rehabilitation to ensure proper healing. Sports therapists are more focused on athletic-related injuries than general physical therapists. It is important for an athlete to become healed properly because if they attempt to get back into their game before they are physically well, they could re-aggravate the original injury or even suffer a new one due to their weakened state.

Physical Therapy Gives Hope

Physical therapy helps to keep athletes as active as they are physically capable, which will get them ready to return to the field once their feet become healed.

For more information about Foot Rehabilitation for Athletes, follow the link below.

If you have any questions, feel free to contact our office located in Garland, Ennis, and Rockwall, TX. We offer all the newest in diagnostic and treatment technologies for all your foot and ankle conditions.

Read more about Foot Rehabilitation for Athletes.

Diamondbacks' Left Fielder Fractures Foot

Arizona Diamondbacks' left fielder Mark Trumbo is expected to be out for six weeks recovering from a stress fracture. He injured the foot moments after hitting Arizona's only run in what was ultimately a 5-1 loss to the Chicago Cubs.

Trumbo's seven home runs this season made him tied for lead in the National League before the injury, and his 19 RBIs were a team high. "You're probably talking about 40 homers and 100 ribbies, so I think the question to ask is, can we replace him?" said third baseman Eric Chavez. "We can't replace him. We just collectively have to be better."

Stress fractures are tiny cracks in the bone and can be quite painful. If you are suffering from any sort of pain in the foot or ankle, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will provide the care that you need.

Dealing with Stress Fractures of the Foot and Ankle

The Stress Fractures occur on the foot and ankle when muscles in these areas weaken from too much or too little use. Then the feet and ankles lose support when walking or running from the impact of the

ground. Since there is no protection the bones receive the full impact of each step. The stress on the feet causes cracks to form in the bones, thus called stress fractures.

What are Stress Fractures?

Stress fractures occur frequently in individuals whose daily activities cause great impact on the feet and ankles. Stress factors are most common among:

-runners

-people affected with Osteoporosis

-play tennis or basketball

-gymnastics

-high impact workouts

Symptoms

Pain from the fractures occur in the area of the fractures, and can be constant or intermittent. It will often cause sharp or dull pain with swelling and tenderness. Engaging in any kind of activity which involves in high impact will aggravate pain.

Treatment

The individual and the degree of injury depend on the fracture of the foot. Some fractures heal very fast while others take a long times and one would need crutches.

For more information about Stress Fractures of the Foot and Ankle, follow the link below.

If you have any questions, feel free to contact our office located in Garland, Ennis, and Rockwall, TX. We offer all the newest in diagnostic and treatment technologies for all your foot and ankle conditions.

Read more about Stress Fractures of the Foot and Ankle.

Actress' Ice-Skating Injury Prompts Law Suit against Santa Monica

Actress Lisa Stothard is suing the city of Santa Monica over an injury sustained at a city-owned ice skating rink. Legal action evolved into his-hers lawsuits, as husband Daniel Bernhardt filed his own suit alleging loss of consortium (i.e. damages resulting from wife's inability to preform typical marital duties to support the household).

According to the lawsuit, Stothard dislocated an ankle and received multiple breaks in her leg when a boy "skating at a wildly excessive rate" crashed into her. The suit claims that staff witnessed the boy skating unsafely but said nothing, and that premises liability makes the city accountable for injuries resulting from employee negligence.

Whether or not your second call is to an attorney, your first call after suffering a sports related foot or ankle injury should be a podiatric physician. For treatment options, see podiatrist Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson will provide the best care for your podiatric needs.

Sport Related Foot and Ankle Injuries

Foot and ankle injuries are a common occurrence when it comes to athletes of any sport. While many athletes dismiss the initial aches and pains, the truth is that ignoring potential foot and ankle injuries can lead to serious problems. As athletes continue to place pressure and strain the area further, a mild injury can turn into something as serious as a rupture and may lead to a permanent disability. There are many factors that contribute to sports related foot and ankle injuries, which include failure to warm up properly, not providing support or wearing bad footwear. Common injuries and conditions athletes face, including:

- Plantar Fasciitis
- Plantar Fasciosis
- Achilles Tendinitis
- Achilles Tendon Rupture
- Ankle Sprains

Sports-related injuries are commonly treated using the RICE method. This includes rest, applying ice to the injured area, compression and elevating the ankle. More serious sprains and injuries may require surgery, which could include arthroscopic and reconstructive surgery. Rehabilitation and therapy may also be required in order to get any recovering athlete to become fully functional again. Any unusual aches and pains an athlete sustains must be evaluated by a licensed, reputable medical professional.

If you have any questions, please contact one of our offices located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Sports Related Foot and Ankle Injuries.

Disney Soprano Slips and Fractures Toes

Ariana Grande, recent Disney superstar soprano, is far from shy when it comes to sharing on social media—especially embarrassing injuries. Twitter blew up when the five foot tall twenty-something singer shared her brother's eye-related exploding mishap with a firework.

Following that, Grande revealed to her manager Scooter Braun that she slipped in a puddle of dog urine in her house. The slip sent her crashing into a wall and she subsequently broke three of her toes. The tweet was full of her characteristic humor and Braun showed later that she had the same sort of humor when she posted their exchange on Instagram.

Broken toes—and fireworks exploding in one’s eye—can be quite painful, so regardless of how funny it is, one should always follow-up with a podiatrist like Dr. Scott Nelson, DPM of Foot and Ankle Medical Clinic. Dr. Nelson can address all your podiatric needs and answer any questions.

What to Know About a Broken Toe

Although most people try to avoid foot trauma such as banging, stubbing, or dropping heavy objects on their feet, the unfortunate fact is that it is a common occurrence. Given the fact that toes are positioned in front of the feet, they typically sustain the brunt of such trauma. When trauma occurs to a toe, the result can be a painful break (fracture). Another type of trauma that can break a toe is repeated activity that places stress on the toe for prolonged periods of time.

Symptoms of a Broken Toe

- Throbbing Pain
- Welling
- Bruising on the skin and nail
- Difficulty moving the toe
- Crooked or deformed appearance
- Tingling and/or numbness
- Fever or chills throughout the body

It is best to stay off of the injured toe with the affected foot elevated on pillows. Swelling can be alleviated by placing an ice pack on the broken toe for 15 minutes every two hours then taping the two toes together with medical tape.

For more information on broken toe please follow link below.

If you have any questions, contact our office located in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more on Broken Toe

Oriental Medicine Practitioner Discusses Plantar Fasciitis

UN Oriental Medical Clinic practitioner Lee Sung-hun believes that plantar fasciitis comes from many factors, including age and activity level. Plantar fasciitis consists of inflammation of the heel’s tissue, which results in a great deal of pain. Sung-hun says that about one in ten people suffer from plantar fasciitis and that the condition is very common.

Some common causes of the illness include engagement in heavy physical activity, extra weight from pregnancy and hormonal changes in women during their fifties. Sung-hun adds that in Oriental

medicine, acupuncture, bee venom, and and moxibustion are used to treat plantar fasciitis, but also says that the condition will go away on its own given enough time.

Plantar fasciitis can be a real drag in the heels. If you have heel pain, call podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic. Dr. Nelson can treat your plantar fasciitis with the professionalism and care you need.

What is Plantar Fasciitis?

Plantar fasciitis refers to heel and arch pain caused by an inflammation of the connective tissues on the bottom of the foot.

What Causes Plantar Fasciitis?

- Ill-fitting shoes
- Weight change
- Excessive running
- Non-supportive shoes
- Overpronation

How Can It Be Treated?

- Conservative measures – anti-inflammatories, ice packs, stretching exercises, physical therapy, orthotic devices.
- Shockwave therapy – sends sound waves to the areas where pain is experience. Requires multiple sessions. This is used for very persistent cases of plantar fasciitis.
- Ultrasound-guided technique with steroid injections into the plantar fascia. This is from a relatively new and small study, but was shown to be effective in most cases treated.

New Studies on Treatment

According to groundbreaking treatment option studies, Luca M. Sconfienza, M.D. says that ultrasound with steroid injections was effective in over 95% of cases that involve plantar fasciitis. This process involves anesthesia and is a single process, out-patient treatment that was discovered to be highly effective. Luca M. Sconfienza M.D. presented her study at an annual meeting for the Radiological Society of North America (RSNA). Be sure to speak with your podiatrist about different methods that can be used, as well as finding out what treatment options they offer.

If you have any questions, please contact our office in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Plantar Fasciitis.

Foot Surgery Sidelines NBA All-Star

Brook Lopez of the Nets had to undergo surgery in order to heal his left ankle. Lopez has suffered a torn tendon and loose lateral ligaments, both of which required surgical correction. The 2013 All-Star center has been sidelined in the beginning of 2014 year after undergoing two procedures on his right foot.

Nets General Manager Billy King confirmed that Lopez has suffered two ankle sprains, one in November and the other in December of the 2013 season. The ankle surgery will supposedly not cause a delay in Lopez's timeline for resuming basketball activities. Lopez previously broke the fifth metatarsal in his right foot, an injury which required immediate surgery to repair. Despite his injuries, he ranks No. 7 in the NBA in Player Efficiency Rating.

Ankle sprains are a real pain in the foot. If you sprained your ankle, see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic is highly recommended. Dr. Nelson can treat your foot and ankle needs.

Broken Ankles

A broken ankle is experienced when a person fractures their tibia or fibula in the lower leg and ankle area. The tibia is the bone of the lower leg that is known to be the weight-bearing bone and is also more commonly called the shin. The fibula is the bone that is found on the outside of the leg and is smaller than the tibia. These bones are both attached at the bottom of the leg and combine to form what we know to be our ankle.

When a physician is referring to a break of the ankle, he or she is usually referring to a break in the area where the tibia and fibula are joined to create our ankle joint. Ankle fractures are very common since they occur in an area that suffers a lot of weight bearing and stress; therefore this area is more prone to suffering from fractures.

Symptoms of a Fractured Ankle

- Excessive pain when the area is touched or when any pressure is placed on the ankle.
- Swelling around the area.

For more information about Broken Ankles, follow the link below.

If you have any questions, please contact our office in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Broken Ankles.

Australian Athlete in Recovery from Injury to Achilles Tendon

Football captain Andrew Swallow may be a star athlete, but he is far from exempt when it comes to injury or taking a team's precaution. Swallow suffered a Achilles tendon and reports having a sore foot, leaving the midfielder out on the sidelines.

Although Swallow claims his Achilles is feeling better, he accepts that the team doesn't want to take any risks by bringing him back too soon. "The main thing over the next six to eight weeks is get some ks in

the legs and get match fit,” Swallow says. This year Swallow’s main priority is just to be able to play in the finals.

Achilles tendon injuries can be incredibly painful. If you sustained an injured Achilles, see podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic is highly recommended. Dr. Nelson can treat your foot and ankle needs.

What Is the Achilles Tendon?

- The Achilles Tendon connects the foot’s heel to the lower leg and calf muscles
- It is the strongest tendon in the human body
- Movement that involves the legs such as walking, running and jumping are facilitated by the Achilles tendon

The Achilles tendon is at risk for Achilles tendinitis or an Achilles Tendon Rupture. Those at risk for incurring either type of Achilles tendon injury include athletes and people who generally overexert themselves during physical activity.

Achilles Tendinitis Symptoms

- Tendon thickening
- Inflammation
- Dull to Severe Pain
- Slower Movement Time
- Increased Blood Flow

Achilles Tendon Rupture Symptoms

- Caused by tendon ripping or snapping
- Treatment and recovery time may take up to a year
- Both surgical and non-surgical methods are available

Preventative measures that can be taken to minimize the chances. Stimulate the tissue by stretching out the tendon before and after exercise and include leg strengthening exercises in your workout regimen. Wear comfortable footwear that is occasional specific, and of course pay visit to your specialist if you have any problems in the Achilles area.

For more information about Achilles Tendon Injuries, follow the link below.

If you have any questions, please contact our office in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read more about Achilles Tendon Injuries.

Stroke Survivor Works with Electronic Device for Mobility

At 43, Emma Bech is a mother to four children and is a teaching assistant. Bech is also, according to Daily Mail, one of 300,000 stroke survivors suffering from a form of disability. At first, Bech couldn't walk, speak, feed or even dress herself. Bech then incurred what is known as Drop Foot.

'I could feel sensation in my foot, but couldn't control it properly,' says Emma.

This left the teaching assistant wondering how she continue her work standing on her feet as the stroke rendered Beck paralyzed down her right side. Doctors couldn't find an answer for her condition, until little by little Bech was able to regain her mobility thanks to in part of an electronic device worn around leg.

Working on your feet takes more of a toll than you think. If you are experiencing any pain or discomfort in your foot or ankle, consult podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic is highly recommended. Dr. Nelson can treat your foot and ankle needs.

Working on Your Feet

Standing on your feet for long periods of time can cause stress and pain in your feet. Your whole body may experience change in terms of posture, back pain, bunions, callouses and or plantar warts. There are ways to avoid these conditions by:

Positive Changes

Negative heeled shoe – choosing this shoe places the heel slightly lower than the ball of the foot.

Go barefoot – our feet were not designed to be enclosed for hours, or all day. Try allowing yourself to expose your feet to air.

Eliminate Pain

Foot Exercises – performing simple exercises, incorporating yoga and stretches is beneficial. This will allow increased blood flow to the area and muscles of the foot.

Achilles tendon – stretching the foot out flat on the floor, will relax the calf muscles and tendon. These exercises can be performed almost anywhere.

Learn more on how to eliminate foot pain by following the link below.

If you have any questions, please contact our office in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

Read the Full Article on Working on Your Feet.

Justin Bieber Foot Fracture Stated to Have Occurred After Skateboarding Incident

Justin Bieber recently stated that he sustained a hairline fracture in his foot while skateboarding three months earlier. This statement was made when the pop star took a sobriety test in Florida. The police summarized Bieber's performance during various sobriety tests and included Bieber's statement.

An officer described Bieber as having some difficulty staying in line—also citing leg tremors, swaying, and several winces as if he was in pain. The report stated that, "He appeared to have great difficulty." The injury, such as it was, was never mentioned again.

Police officers described Bieber as "agitated and condescending" and cited as using 'frequent profanity' when he arrived at the police station.

A broken foot, if it actually happened, can be painful and disheartening. Fortunately, podiatrist Dr. Scott Nelson of Foot and Ankle Medical Clinic is here to help. Nelson can diagnose your injury and formulate a solid treatment plan in order to help rehabilitate your foot.

Broken Foot Causes, Symptoms, and Treatment

A broken foot is caused by one of the bones in the foot 'breaking', or fracturing. Bones typically break when the bone is bended, crushed, or stretched beyond its natural capabilities. Usually the location of the fracture indicates how the break occurred, whether it was through an object, fall, or any other type of injury.

Common Symptoms of Broken Feet:

- Bruising
- Pain
- Redness
- Swelling
- Blue (foot)
- Numbness
- Cold
- Misshapen
- Cuts
- Deformities

Those who are experiencing any of these symptoms, or suspect that they have a broken foot, should seek medical attention in a center where x-rays can be performed. This is especially urgent if any of the symptoms include numbness, blue coloring, cold feet, cuts, misshapen toes or deformities as these indicate more severe cases.

To learn more about broken foot and its treatment, please follow link below.

If you have any questions, please contact our office in Garland, Ennis, and Rockwall, TX. We offer the newest diagnostic and treatment technologies for all your foot care needs.

[Read more on Broken Foot Causes, Symptoms, and Treatment.](#)

Dr. Nelson (on the right) takes a conservative approach with his patients. He prefers to use the least invasive approach whenever possible, but is highly skilled in surgical techniques. He has performed over 1500 foot and ankle surgical procedures and assisted many other patients with non-surgical foot and ankle needs. His successful participation in private practice since June 2005 in the southern portion of the DFW metroplex.

Dr. Nelson graduated from the Ohio College of Podiatric Medicine in May 2001. He served with the U.S. government during 4 years of residency training in South Dakota Black Hills region and finishing in Denver, Colorado for a 3-year surgical program.

Dr. Nelson's caring and respectful approach to his patients is rooting in his desire to serve others and his dedication to his marriage and 3 young boys. He loves spending time with them and taking them along with him on his favorite recreational activities, which include hunting, fishing, skiing, and most recently bicycle riding.