



# NEXT STEP

## Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



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## What Are the 3 "P's" of Running Shoes?

One of the most common questions we get from our runners in our podiatric practice is "What shoes should I wear?" That question is different for every person, since what might fit on your foot may not fit on your running partner's. Think about it: you and your sibling may both wear glasses, but will you have the same prescription lenses? The way you run is likely different from how your sibling runs too.



When considering new running shoes, think of the three "p's": pattern, passion, and purpose.

### Pattern

There are three different types of foot patterns: normal, flat footed, and high arched. Your average person has a normal foot pattern, but when running traditionally, they present pronation upon heel strike. To slow pronation, this group of people should look for shoes with extra stability: a heel counter, a medial wedge, and a dual-density midsole.

Those with flat feet should consider a motion control shoe, which is less flexible due to an increased dual density foam and a very rigid heel counter. This shoe helps correct the overpronation that will occur during running.

In cases of high arches, these runners should look for a neutral cushioned shoe which will compensate for the lack of shock absorption, allow for flexibility, and promote foot movement.

### Passion

There are just about as many different styles of running as there are types of feet. From traditional heel-toe, to barefoot, to alterations in cadence, each style requires a different type of shoe.

How you strike the ground is impacted by your footwear, or lack thereof. A heel-to-toe drop is a measure of the difference in the height of the shoe from the heel to the forefoot. Traditional running shoes have drops from 8-12 mm, contrasted to minimalist shoes, which can be as low as 0 mm. 75% of runners are heel strikers, with 24% striking at the midfoot. If you are a heel striker, it is important to prevent excessive strain on the Achilles tendon by introducing shoes with smaller heel-to-toe drops gradually.

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### Purpose

With shoe technology advancements, we better understand how the construction of shoes affects how people run in them. For example, shoes with a lateral flare in the heel may cause an increase in pronation during the initial stages of running and lead to anteromedial compartment syndrome. Those with plantar fasciitis will find comfort in shoes with increased cushioning in the heel, because it will take pressure off the plantar fascia.

The rise of minimalist shoes in the running market allows for different purposes as well. Minimalist shoes sometimes help in developing the intrinsic muscles of the foot, but with a reduced heel-to-toe drop will place more pressure on the ankle, and reduced demand on the knee. Those shoes do require specific training for the foot to get used to the lack of shoe.

## Questions to Ask Before Foot Surgery

If your podiatrist tells you that you need to have foot or ankle surgery, it is very important to ask questions. When you think of questions that are not included here, make sure you write them down and print out this list to bring with you to your visit. It is extremely important to us that all of your questions are answered and your mind is at ease.

### Here are some questions you should ask about the surgical procedure:

1. What is the procedure I will have?
2. Are there any other options besides surgery?
3. What benefits does this surgery have, in terms of pain relief and function?
4. How long will the benefits last?
5. What risks are associated with this surgery?
6. Is there any written or video materials I can read or watch about this surgery?
7. What is the success rate for this surgery?
8. How is the procedure done?
9. Will the surgery need to be repeated after a certain amount of time?
10. How many of these procedures do you do each year?
11. How many patients improve after this surgery?
12. What will happen if I don't have this surgery right away?
13. If I want a second opinion, who should I consult?
14. Will you do the surgery or will someone else?
15. Will I need any tests or medical evaluations before the surgery?
16. What kind of anesthesia will be used?
17. Will the anesthesiologist know about my allergies?
18. Will I have pain following the surgery?
19. What pain relievers will I be given?

### What do I need to know after the surgery?

1. How long will recovery take?
2. What limitations will I have during recovery?
3. Will I need assistance at home after surgery?
4. What will my discharge instructions be?
5. Will I be able to get my foot wet in the shower?
6. Will I need physical therapy?
7. When can I return to work?
8. When can I drive my car?



### Heel Pain Stretch: Towel Crunches

Put a towel on the floor, your heels on the ground and your toes on the towel. Make fists with your toes and scrunch the towel up. Do this every day for 15 minutes. This exercise will strengthen your intrinsic muscles and work the plantar fasciitis.



## Baby Boomers and Their Feet

Back when baby boomers were younger, they were wearing stylish pointy toe shoes, stilettos, platforms, and much more. Today, baby boomers are wearing everything from flip-flops, heels, running shoes, and hiking boots. Footwear isn't dictated by age anymore, but activity and fashion sense of the wearer.

But like with everything, our feet change with age. Because of this, the steps baby boomers take should be with our foot health in mind.

Joseph Caporusso, DPM, president of the American Podiatric Medical Association, says, "While staying active is a great way to preserve overall health and can positively impact foot health, aging can naturally increase the risk of certain foot ailments. It's important to know the symptoms of age-related foot ailments and take steps to minimize their impact on your overall health."

### Arthritis

Those over the age of 50 are most prone to develop arthritis. The feet are susceptible to this painful inflammation of the joints and cartilage because each foot has 33 joints, all of which bear the full weight of the body each day. Arthritic feet can lead to a loss of mobility if the condition is not treated. Causes of arthritis range from heredity to injuries to bacterial or viral infections that affect the joints. If you experience the following symptoms, it's time to make an appointment with a podiatrist:

- Swelling in one or more joints.
- Recurring pain or tenderness in the joint.
- Redness or heat in the joint.
- Loss of mobility in a joint.
- Stiffness in the early morning.
- Skin changes, like rashes or growths.

### Diabetes

More than 26 million Americans have diabetes and foot complications are common. Proper diet, exercise, medical care, and careful home management can help those with diabetes avoid serious foot complications, like wounds, ulcers, and even worse, amputations. Those with diabetes should follow these tips to avoid complications:

- Inspecting their feet daily.
- Exercising daily.
- Wear thick, soft socks without seams that rub or cause blisters.
- Having new shoes properly measured and fitted.

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## Diabetic Recipe: Carrot Apple Muffins



Makes: 12 muffins  
Serving: 1 muffin  
Cooking Time: 36 minutes  
Preparation Time: 25 minutes

### Ingredients

1/4 cup raw, unsalted sunflower seeds  
2 Tbsp. sesame seeds  
1 3/4 cup all-purpose flour  
2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. cinnamon  
3/4 tsp. ground ginger  
1 cup low-fat buttermilk  
1/4 cup light olive oil  
1/2 cup Splenda brown sugar blend  
1 large egg  
3 large carrots, peeled and shredded  
1/3 dried apricots, finely chopped

### Preparation

1. Preheat the oven to 375 degrees. Coat a nonstick 12-cup muffin tin with cooking spray.
2. Spread the sunflower seeds and sesame seeds onto a baking sheet. Bake the seeds for about 3 to 4 minutes until lightly toasted. Remove from the oven. Keep the oven on.
3. In a large bowl, combine the flour, baking powder, baking soda, cinnamon, and ground ginger.
4. In a separate bowl, whisk together the buttermilk, oil, Splenda, and egg until well combined. Make a well in the center of the dry ingredients and add the egg mixture. Stir until just combined.
5. Fold in the sunflower and sesame seeds, shredded carrots, and apricots.
6. Spoon the batter into the prepared muffin tin and bake for about 25 to 30 minutes until a toothpick inserted into the center comes out clean. Let the muffins cool 5 minutes in the pan and then turn them inside out onto a cooling rack.

This recipe is from Diabetes Forecast magazine online.





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## Baby Boomers: Continued from Pg. 3

- Avoiding going barefoot.
- Having regular appointments for treatment of calluses, corns or warts, rather than treating these conditions by yourself.

### High Blood Pressure

Hypertension can be related to a buildup of plaque in blood vessels, which can lead to decreased circulation in the legs and feet. Poor circulation can develop into open wounds on the skin of the feet. Symptoms of poor circulation in the feet include: cramping, sores that take a long time to heal, changes in the color or temperature of the feet, and loss of hair on the feet and legs.

### Heel Pain

Heel pain can be caused by walking gait abnormalities, an injury, wearing poorly constructed footwear, or being overweight. Heel pain is easily treated by podiatrists, who will examine the heel, and may take X-rays to rule out bone problems as the source of pain. Treatment may include anti-inflammatory medications, physical therapy, shoe modifications, orthotics, taping, and stretching. To reduce your risk of developing heel pain, wear shoes that fit well and have shock absorbent soles, rigid shanks, and supportive heel counters. Wear the right shoe for the right activity and warm-up before participating in any sports activity.

"Foot pain does not need to be an inevitable part of growing older. Wearing the right type of footwear for your needs, and paying attention to foot health can help keep boomers moving into their senior years," says Caporusso.

## WACKY SHOE OF THE QUARTER



Have a safe, happy, and foot-healthy spring from all of us at CT Foot Care Centers. For more "Wacky Shoes", check out our Facebook page and Pinterest Shoe board.



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