



GENTLE TOUCH FOOT CARE NEWSLETTER



www.drtheall.com

Spring 2017

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Our Office

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Office hours:

Mon: 8:30am - 4:00pm
Tue: 1:00pm - 7:00pm
Wed: 8:30am - 4:00pm
Thu: 8:30am - 4:00pm
Fri: 8:30am - 4:00pm
Sat: 8:00am - 11:30am
(by appointment)

History FootNote

In 1881, a patent was issued for a nail clipper that hung from the owner's belt and doubled as a glove buttoner.

Did You Know?

Our FREE pediatric screening day is April 22, 2017. Please stop by if your children seem to have any problems with their feet or ankles.

Many potential issues children face during their physical development can affect them when they are older. A lot of parents are worried about their children having flat feet or walking intoed. However, something that these same parents believe is normal is "growing pains." Pain is not normal, especially from something as natural as growing. Throughout development it is always important that children are monitored during play for postural abnormalities. Flat feet are normal between the ages of 1-4 however every year the child grows the heel should gradually grow more inward up to age 6. If not, then it should be addressed. Severe heel pain could be a sign of Sever's disease and must be dealt with if it occurs. A podiatrist is the only person that is trained in a specialized field in medicine for anything concerning the lower extremity, foot and ankle, that's why it is important for you to visit your podiatrist if there are any problems concerning your children's feet.

In this newsletter you will also find an article about heel pain. This may be the most common issue affecting adult and children's feet. Heel pain is a very devastating condition that can take people out of their normal life's activities. This especially is a problem for people who have to work on their feet or stand for long hours due to their daily routines. The good news is that with some very simple treatment, we can make this problem go away. Heel pain is caused by numerous reasons however; plantar fasciitis is probably the most common. Plantar fasciitis presents with random onset with sharp pain along the course of the bottom of the foot at the arch. Swelling and numbness may also be present. Patients also usually have a very stiff Achilles and the fascia is tightened as well. However, for children, it can be due to what is called calcaneal apophysitis. Fortunately, it is not a serious condition and usually affects very active children. Most of the times, treatment can be as simple as resting, icing and elevating the foot.

Heel Pain Often Caused by Plantar Fasciitis

If you have heel pain, you know that it can halt any exercise program and make it painful to work, run and even stand. Plantar fasciitis is the most common cause of heel pain.

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Celebrity Foot Focus

Sarah Jessica Parker has suffered from plantar fasciitis - although not from playing football as is the case with Eli Manning, New York Giants quarterback. SJP's problems are most likely a result of wearing high heels for extended periods of time on a regular basis.

Joke of the month



Math:

The math teacher saw that Daphne wasn't paying attention in class. She called on her and said, 'Daphne! What are 2 and 4 and 28 and 44?'

Daphne quickly replied, 'ABC, CBS, HBO and the Cartoon Network!'

Trivia

The titanic hit the infamous iceberg on which day in April?

- A. 7
- B. 14
- C. 22
- D. 29

Answer B

....continued from page 1 Heel Pain Often Caused....

What Is Plantar Fasciitis?

The plantar fascia is a thick band of tissue that attaches to the heel bone and runs along the bottom of your foot.



When this tissue becomes inflamed because of repeated stretching and tearing, it can be painful to walk, especially when first arising in the morning and when getting up after sitting for a period of time.

Plantar fasciitis is common in runners or those who play sports with a lot of jumping. You may also be at risk of this painful condition if you have a high arch, wear poorly-fitting or worn out footwear, are overweight or if you stand on hard surfaces for long periods.

Note that 50% of patients with plantar fasciitis also have a heel spur, a bony growth on the heel bone. Heel spurs may not cause any pain and usually don't require separate treatment.

Treating Heel Pain Caused by Plantar Fasciitis

Ignoring plantar fasciitis isn't a good idea as it may result in chronic heel pain that keeps you from enjoying your favorite activities. Also, if you unconsciously change the way you walk to accommodate the pain, you may develop foot, back, knee or hip problems.

We can help! Our approach to treating your plantar fasciitis will be:

- Medication - with your doctor's approval - to relieve pain and reduce inflammation.
- Physical therapy to stretch the plantar fascia and Achilles tendon and strengthen lower leg muscles.
- A night splint to keep your calf and foot arch stretched while you sleep.
- Custom-fitted orthotics to help distribute the pressure on your feet more evenly.

If non-invasive treatments don't help, we can give you a steroid injection at the sensitive area. Shock wave therapy using sound waves to give a deep tissue massage can also stimulate healing. Surgery may be recommended only in rare cases that don't respond to other therapy.

Preventing Youth Injuries in Sports

If you have a child or teen who enjoys playing sports, you may have spent some time in an emergency room after an injury. You're not alone - the Centers for Disease Control and Prevention (CDC) estimates that more than 2.6 million children and teens get treatment in emergency rooms each year for recreational and sports-related injuries.continued on page 3

We Appreciate Your Loyalty

thank you!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or a family member. We truly appreciate when you refer friends or family to us. As our way of saying thanks, you will receive a \$10 gift card.

Product of the Month



Dr. Jill's Heel Sleeves

Find Us...



....continued from page 2 Preventing Youth....

Common Sports-Related Injuries

- **Sprains and strains.** An ankle sprain is the most frequently seen sports-related injury.
- **Repetitive motion injuries** that can result in tendonitis, stress fractures or plantar fasciitis.
- **Traumatic brain injuries or TBIs.** A concussion is a mild TBI, but more severe injuries can have serious, debilitating consequences.
- **Heat-related illnesses** are on the rise when young athletes experience dehydration, heat exhaustion and even heat stroke.



If you observe any foot or ankle pain or injury, please visit us as soon as possible so we can quickly and accurately diagnose and treat the problem.

Sports-Related Injuries in Youth Can Be Prevented

April is National Youth Sports Safety Month and a great time to revisit and reinforce youth sports safety techniques:

- Stay involved as a parent to make sure your child isn't pushed beyond his ability.
- Your child should start slowly and gradually build up endurance. Check that there is ample time for warm-ups, stretching and cool-downs.
- Always equip your child in appropriate and high-quality protective gear and footwear for each specific sport.
- Watch for any signs of pain - don't ask your child to "work it out" as this can make any injury worse.

Learn more about preventing youth sports injuries from the CDC and KidsHealth.org.

Recipe of the Month

Grilled Pear & Cheddar Pockets

Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich. It's low fat and quick and easy to make.

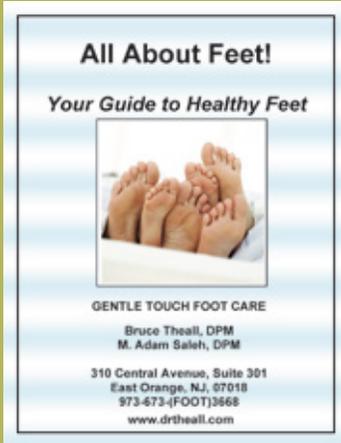
Ingredients

- 2 teaspoons Dijon-style mustard
- 1/2 of a whole grain pocket thin flatbread
- 2 slices ultra-thin sharp or mild cheddar cheese
- 1/4 cup arugula
- 1/3 of a medium red pear, cored and cut into 1/4-inch-thick slices

....continued on page 4



FREE Book Offer!



www.drtheall.com

....continued from page 3 **Recipe of the Month**

Directions

1. Preheat a small covered indoor electric grill.* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.* Grill about 1 1/2 minutes or until lightly toasted.

Tip

* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.



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Board Certified*



Bruce Theall
D.P.M.*



M. Adam Saleh
D.P.M



What our patients are saying about us...



Great friendly office staff easy to make an appointment. Dr. Saleh is the best was able to diagnose and correct my foot and leg issue on the first visit. Highly recommended him!

- Patrick B.

Wonderful people. They gave me their full attention, figured out the problem with my foot immediately, and had me back to normal in a week's time. Thank you!

- Erin M.