



Premier Podiatry & Orthopedics

April Newsletter 2024

Podiatry Section: National Foot Health Awareness Month

Greetings to April, a month dedicated to raising awareness about the paramount importance of foot health! As we embark on this journey, let's delve deeper into the intricate world of foot care, recognizing that nearly 20% of Americans grapple with foot-related issues each year. This statistic underscores the critical need to not only acknowledge common foot ailments but also to equip ourselves with the knowledge and tools necessary to nurture our feet effectively.

Common Foot and Ankle Issues

Heel Pain/Plantar Fasciitis: Plantar fasciitis is characterized by inflammation of the heel tissue, resulting in sharp pain, particularly noticeable in the morning. This condition is frequently encountered in runners and individuals who spend prolonged periods standing, often due to overuse and wearing improper footwear.

Fungal Nails: Toenail fungal infections lead to discoloration and nail damage. Left untreated, they can spread, requiring prompt treatment for health and appearance.

Ingrown Nails: Ingrown toenails occur when the nail grows into the surrounding skin, leading to discomfort and pain. Contributing factors include incorrect nail trimming techniques and wearing overly tight shoes.

Ankle Sprains: Sudden twists cause ankle sprains with pain and swelling. Immediate treatment is vital to manage symptoms and prevent chronic issues, often involving rehabilitation.

Effective Interventions

RICE Method: The RICE (Rest, Ice, Compression, Elevation) method is a key approach for managing acute foot or ankle injuries. It helps reduce pain, swelling, and promotes faster healing when applied immediately after an injury.

Laser Therapy: Low-level laser therapy is a non-invasive treatment option for foot and ankle issues like plantar fasciitis and fungal nail infections. It stimulates healing, reduces inflammation, and manages pain, potentially transforming the care of chronic foot conditions.

Custom Orthotics: Custom orthotic inserts offer superior fit and effectiveness compared to generic insoles. Tailored to an individual's foot shape, walking pattern, and biomechanics, they redistribute pressure, improve alignment, and enhance shock absorption, promoting foot health and preventing injuries.

Take Control Of Your Foot Health

In the daily rush, we often neglect foot health, treating them as mere appendages. This April, let's prioritize foot well-being by listening to early signs of discomfort. Commit to proper footwear, hygiene, and regular foot checks for preventive care. Proactive foot health not only preserves mobility but also ensures comfortable movement for life. As we enter this awareness month, let's appreciate our feet's resilience and versatility, our daily unsung heroes.

Orthopedic Section: Can Nutrition Relate to Knee Pain?

Whether you're an active individual, or simply someone who wants to improve their well-being, understanding the connection between nutrition and knee health can be a game-changer.

Understanding Knee Pain and its Relationship with Running

Welcome to our orthopedic section, where we delve into a topic that's close to the hearts (and knees) of many: knee pain and its correlation with running. Whether you're a seasoned marathoner or a casual jogger, understanding the dynamics of knee pain is crucial for maintaining your passion for running while safeguarding your joint health.

Common Causes of Knee Pain in Runners

The knee, a complex joint subject to various stresses during running, is prone to several issues that can lead to pain. Ligament injuries, meniscus tears, arthritis, bursitis, chondromalacia, and tendinitis are among the common culprits. Identifying the underlying cause is crucial for tailored treatment and preventing recurrence.

Treatment Approaches

Our approach to runner's knee focuses on accurate diagnosis and tailored care. Treatments range from rest, orthotics, and physical therapy to surgical options like arthroscopy and joint replacement if needed. Don't let knee pain stop your running journey. With timely intervention and comprehensive care, you can safely pursue your running goals. If facing knee pain, reach out; our team is here to help every step of the way.

Important Holidays and Dates for April!

4/1 April Fool's Day - A day dedicated to playing practical jokes and spreading hoaxes.

4/7 World Health Day - A global health awareness day organized by the World Health Organization (WHO) to draw attention to important health issues.

4/22 Earth Day - An annual event celebrated worldwide to demonstrate support for environmental protection and sustainability.

4/26 Arbor Day (varies by location) - A day dedicated to planting and caring for trees, promoting environmental conservation.

4/29 International Dance Day - A day to celebrate dance as an art form and promote its importance in culture and education.

National Poetry Month (USA): The entire month of April is designated as National Poetry Month to celebrate poetry and its significance in culture and literature.