

5 Ways to Avoid Holiday Foot Problems

The holiday season is one of the most joyful times of year, but it can also lead to aching feet. A leading source of seasonal foot pain is gout, a type of arthritis exacerbated by consuming too much of certain holiday foods and beverages. As you celebrate, prevent gout flare-ups and other painful afflictions with these five tips for healthy holiday feet.

1. Don't overindulge in holiday cheer. Your feet can sometimes feel the effects of too much holiday cheer. Foods and beverages high in purines, such as shellfish, red meat, red wine and beer, can trigger extremely painful gout attacks, a condition when uric acid builds up and crystallizes in and around your joints. If you do experience pain in your big toe or other parts of your foot or ankle, drink appropriate fluids, elevate your foot and immobilize it. Frequently, non-aspirin equivalents of nonsteroidal anti-inflammatory medications are used to treat gout. In severe cases, contact your foot and ankle surgeon for an appointment.

2. If the shoe fits, wear it. When hitting the dance floor or shopping malls, don't compromise comfort and safety when picking shoes. Narrow or overly high-heeled shoes or shoes that aren't worn often, such as dress shoes, can irritate feet, leading to blisters, calluses, swelling and even severe ankle injuries.

3. Be pedicure-safety conscious. Heading out for your holiday pedicure? Nail salons can be a breeding ground for bacteria, including MRSA, a type of staph infection that causes fever and painful red bumps, and can be life-threatening if left untreated. Reduce your risk of infection. Choose a salon that follows proper sanitation practices and is licensed by the state. You may also want to consider bringing your own pedicure instruments for safety.



4. Watch for ice and snow. Though winter wonderlands are beautiful, they can also be dangerous. Use caution outdoors, watching for ice or snow patches. The ankle joint can be more vulnerable to serious injury from falling on ice. If you fall, use RICE therapy (Rest, Ice, Compression and Elevation) to reduce pain and control swelling around the injury. If your injury is severe, go to the closest ER and visit FootHealthFacts.org to find a foot and ankle surgeon near you for follow-up care.

5. Listen to your feet. Don't let foot pain ruin holiday fun; inspect your feet regularly for evidence of injury, ingrown toenails, bruising, swelling, blisters, dry skin or calluses.

Treat your feet right. Being proactive, protective and preventive can mean a healthier holiday season for your feet—and your whole body.

If you have any issues during the holidays, please reach out and make an appointment.

Watch for Ice: Avoiding Winter Foot Injuries



As temperatures dip across the United States, the prospect of a long winter and slippery conditions is at the forefront of everyone's mind. But as we unpack winter clothes and restock our snow removal essentials, awareness of cold weather-related injuries—and appropriate treatments—is an equally important precaution.

Throughout the winter months, some hospitals report up to a 500 percent increase in emergency room visits, in part due to injuries from slips and falls. Stress fractures (a hairline crack in a bone of the foot) are one of the more common winter-related injuries and can make seemingly easy

activities like walking very painful. If left untreated, these injuries can lead to a complete break in the bone.

It's important to be aware of the signs of a stress fracture, especially following a potentially stressful activity or fall, and to seek appropriate care. Pain, swelling, redness and possibly bruising can all be signs of a stress fracture.

If you've suffered a fall, go to the nearest emergency department or contact our office for an appointment and proper treatment.

Ankle Sprains: What Type Do You Have?

Ankle sprains are one of the most common injuries, but they are often misdiagnosed. The two major types of sprained ankles—high-ankle sprains and low-ankle sprains—often look similar, even though they affect entirely different ligaments. Their similarities can sometimes cause people to delay getting the right treatment, which can also impair recovery.

Generally, low-ankle sprains are more common than high-ankle sprains, but pain, swelling, limited motion and bruising in the entire ankle region can occur in both types of sprains. The difference lies in where the injury occurs, and which ligaments are involved. In diagnosing an ankle sprain, it is important for foot and ankle surgeons to understand how the injury occurred.

A low ankle sprain can occur with the foot turning inward (lateral ankle sprain) or outward (medial ankle sprain) to the ankle. These affect the ligaments in the inside and outside of the ankle near where the ankle and the foot meet. A high-ankle sprain may occur from a twisting or rotational injury. They are more commonly due to external rotation, but this isn't automatically the case. The ligaments involved are not the ligaments on the inner or outer aspects above, but the ligaments higher up connecting the calf (fibula) and shin (tibia) bones, commonly called

the syndesmosis (and associated ligaments).

While treatment depends mostly on the severity of the sprain, immobilization of the foot and non-weight bearing pressure on the leg is often necessary for both types of sprains.

If you've suffered an ankle injury, contact our office for proper diagnosis and treatment.

