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## Total Foot and Ankle of Tampa Bay

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### NEWSLETTER

[www.mytampafoot.com](http://www.mytampafoot.com)

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Request an Appointment



Feeding Tampa Bay  
Because **NO ONE**  
should go hungry.

Please help us this Thanksgiving by donating canned goods and non perishables. We are collecting in all of our offices starting Thursday November 1st.

**ALL** donated items will be delivered to Feeding Tampa Bay by Monday November 19<sup>th</sup> 2018.

Thank you for your support in helping end hunger!

#### Our Offices

**Zephyrhills Office**  
6326 Fort King Rd  
Zephyrhills, FL 33542  
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Fax: (813) 788-7010

**Office Hours:**  
Monday-Friday:  
9:00 AM - 5:00 PM

**Sun City Center Office**  
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Fax: (813) 788-7010

**Office Hours:**  
Tuesday:  
8:00 AM - 4:00 PM  
Wednesday:  
8:00 AM - 2:30 PM  
Thursdays:  
7:30 AM - 2:30 PM  
Fridays:  
9:00 AM - 3:30 PM

**Wesley Chapel Office**  
2649 Windguard Circle  
Unit 101, Wesley Chapel  
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**Office Hours:**  
Tuesdays:  
9:00 AM - 4:00 PM

**Apollo Beach/Riverview Office**  
St. Joseph's - South  
Baycare Outpatient Center  
10141 Big Bend Road  
Suite 207 Riverview FL 33578  
Ph: (813) 633-5900  
Fax: (813) 788-7010

**Office Hours:**  
Wednesday:  
9:00 AM - 4:00 PM

## The ABC's of Common Foot Problems

Sometimes keeping healthy can be **as easy as ABC** – but not when it comes to certain foot problems.

All too often we overlook pain and discomfort in our feet, making excuses like “It’s been a long day” or “Foot pain is just part of aging.” These explanations are just not true! Foot pain is not normal. Don’t ignore foot problem ABC’s – we can help!

### Achilles Tendonitis

The Achilles tendon is the largest in the body. This tendon connects your calf muscles at the back of your leg to the heel bone. Achilles tendonitis is inflammation of the tendon because of overuse.

Symptoms of Achilles tendonitis include aching above the heel or in the back of the leg after sports or running. You may experience more serious pain after climbing stairs or sprinting. The pain or stiffness may be worse in the morning.

Physical therapy and custom-fitted orthotics can ease the pain and promote healing. However, Achilles tendonitis can lead to a tendon tear or rupture which will require surgery.

### Bunion

If you wear shoes that are too tight or narrow, you may develop a bunion. This bump forms on the joint at the base of your big toe and causes the toe to push against the next one. Other causes of bunions are foot stress, arthritis or an inherited defect.

Bunions can be sore and red, and calluses may develop from friction on your shoes.

Please come see us if you feel that you have a bunion. It will not go away on its own and complications like bursitis, hammertoe and inflammation of the ball of your foot may occur. Custom-fitted orthotics, taping or splint the foot into a better position and wearing shoes with a roomy toe box can relieve the pain and pressure of a bunion. Surgery may be required if the bunion causes you excessive pain or restricts your movements.

### Calluses and Corns

These skin problems are very common but may be stubborn to heal. Appearing as thick, hardened layers of skin, they can be unsightly but may also cause pain when pressure is applied.

Calluses are usually found on the soles of your feet while corns appear on the tops, sides and in between the toes. Corns and calluses form when shoes don't fit properly – too tight or too loose – resulting in damaging friction. A visit to the foot doctor is necessary when the pain becomes excessive or the skin appears infected.

Caution for patients with diabetes – any skin problem on your feet can be cause for concern as it may worsen into an ulcer. DO NOT try trimming the callus or corn yourself and don't apply any over-the-counter acid products.

## Physical Therapy Goes Hand in Hand with Healing Foot Problems

At our practice, we often prescribe physical therapy (PT) to help with a variety of foot problems. PT strengthens muscles, increases flexibility, promotes balance, builds range of motion and supports structural alignment.

October is National Physical Therapy Month and the perfect time to recognize the different ways that we partner with physical therapists to heal a variety of foot conditions:

- **Treating foot and ankle problems and injuries.** PT can help relieve the pain and swelling of injuries and foot conditions. For example, plantar fasciitis heel pain can be eased with treatments to decrease inflammation. Plantar fasciitis exercises include those for stretching, strengthening and balance.
- **Post-surgery.** We typically prescribe PT following foot surgery to help facilitate a speedy recovery. PT is often crucial to help the patient regain motion and strength, and to ultimately return to daily activities.

*....continued on page 3*



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MyTampaFoot.com

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Appointment

### History FootNote

More than 200 years ago, the Royal Central Institute of Gymnastics in Sweden was the first documented professional physical therapy group. Its founder, Per Henrik Ling, is also the originator of Swedish massage.



## ....continued from page 2 Physical Therapy Goes Hand....

After a thorough examination, a physical therapist will set goals for the patient's function, flexibility and movement. The therapist designs an exercise program tailored specifically to the patient's individual needs and abilities.

PT treatments can utilize a range of treatments including targeted stretches and exercises, ultrasound, electrical stimulation, massage and cold or heat applications.

It's important that the patient follow physician and physical therapist directions for at-home care as well as exercising and rest to ensure the best chance of healing a foot condition or after surgery.

## How To Choose the Best Winter Boot

Choosing the right winter boot is essential, even if you plan on just an occasional ski or snowboard weekend. Your fun in the cold and snow can be ruined if your feet hurt or get cold or wet. Frostbite is a reality especially for your toes as they are far from your heart but close to the ice and snow.

Here are our top tips for selecting the best winter boot to keep your feet warm, comfortable and safe:

- Good boots need warmth, traction and waterproofing. The thicker the insulation, the warmer the boot will be. Thinsulate is probably the most common and effective insulation. A stiffer sole will provide the stability and support that are necessary for winter hiking. However, hard mountaineering boots used for extreme conditions may be too cumbersome for a simple winter hike.
- Look for good quality wool socks, but make sure they are not too thick so they squeeze your foot. Wool absorbs moisture well as it insulates your feet. Make sure your socks fit well and don't slip or bunch up.
- Avoid moisture and excess sweating as damp socks and shoes can steal away precious body heat. If your body or feet begin to sweat, slow down your pace. Avoid cotton socks: these can soak up moisture but take quite a long time to dry.

Most importantly, make sure that your winter boots fit well. The boots must not be tight – this can restrict blood flow and lead to frozen toes – but the heel should fit snugly and not slip as you walk. Your toes should always be free enough to wiggle inside the boot.



## Word Search

G	B	I	U	Q	E	X	E	R	C	I	S	E	R	R	Y	T	Y	X	J
R	Y	O	N	Z	O	R	T	H	O	T	I	C	S	N	I	X	B	R	Q
M	H	Q	O	S	J	X	D	Y	Y	T	E	N	D	O	N	I	T	I	S
P	A	D	P	T	U	P	V	E	Y	B	W	Q	G	C	Y	X	C	E	K
O	M	B	H	A	S	L	L	W	Z	B	U	Q	W	O	W	Z	F	R	W
D	M	I	Y	Y	A	Q	A	A	I	T	A	N	Y	R	K	N	U	C	R
I	E	W	S	Q	F	N	R	T	N	N	U	L	I	N	J	U	R	Y	W
A	R	P	I	V	H	X	C	Q	I	T	T	A	O	N	A	B	W	E	
T	T	B	C	D	D	L	L	T	C	O	A	E	J	N	N	G	B	U	U
R	O	I	A	O	F	T	M	K	U	J	N	R	R	E	C	K	Q	D	E
I	E	P	L	U	H	W	P	M	R	T	Q	F	Q	Z	Z	E	I	A	
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L	A	S	I	A	L	U	D	U	H	R	F	Z	V	Q	I	T	W	R	J
A	C	A	L	L	U	S	H	B	A	Y	G	R	S	W	S	D	V	Q	F
P	F	I	I	N	F	L	A	M	M	A	T	I	O	N	S	O	M	U	H
T	H	E	R	A	P	Y	P	A	C	H	I	L	L	E	S	C	C	Z	
C	J	I	B	Z	X	G	A	L	F	A	S	C	I	I	T	I	S	K	B
N	L	D	Z	D	P	D	I	A	B	E	T	S	T	S	B	P	T	S	
B	L	G	W	W	V	N	N	Y	L	L	K	O	T	Q	X	N	I	G	B

## Celebrity Foot Focus

The football season has already taken its toll on several players. Panthers' tight end Greg Olsen may have reinjured his foot recently after last season's Jones surgery on his right foot.

## Foot Funnies



What did the physical therapist give the dairy farmer to relieve his foot pain? A calf stretch.

## Trivia

Women experience foot problems 4 times more often than men.

- A. True  
B. False

**Answer: True**

inflammation	exercise	pain
stretching	plantar	podiatrist
diabetes	boots	orthotics
physical	bunion	achilles
callus	tendonitis	therapy
snow	hammertoe	socks
ice	balance	corn
insulation	injury	
fasciitis	winter	



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#### See Answer at:

[www.ami-solutions.net/mytamp/nl/2018/oct/wordsearch\\_answer.pdf](http://www.ami-solutions.net/mytamp/nl/2018/oct/wordsearch_answer.pdf)



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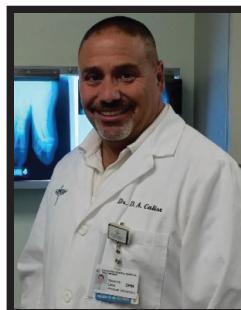
## Meet our Doctors



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