



Spring

## FOOTNOTES

2019

### Take care to resume charity walks after long winter

As the long winter winds down, you might be anxious to sign up for a spring charity walk to support your favorite cause. However, without adequate preparation, long-distance walking after spending the past few months mostly indoors can result in pain or injury to the tendons and bones in your feet and ankles.

“The risk is especially high if you do not engage in regular exercise,” says Dr. Ryan Murphy. “Walking is often considered an easy, low-impact activity, but that is not always the case. Walking for longer periods of time or for long distances can take a toll on your body’s support structures.”

Over longer distances, your feet and ankles can swell or become sore or you could twist an ankle, develop tendonitis or rupture an Achilles tendon. And if you have bunions or diabetes, you are more likely to suffer a foot or ankle injury if you do not properly prepare for the event.

“You can get ready by walking a little bit each day in the weeks leading up to the event,” Dr. Murphy adds. “Gradually increase the intensity and duration of your walks and listen to your body. Know when to take a

break and be aware of the signs of a minor injury in your feet and ankles to help prevent it from turning into a major injury.”

To schedule an appointment with any of the physicians at Hosey Foot and Ankle Centers to have your feet and ankles evaluated before a walking event and to get tips on proper training techniques call 586-263-4411.



### McLaren Macomb honors Dr. Hosey

Dr. Thomas C. Hosey recently received a distinguished service award for 30 years of practicing medicine on staff at McLaren Macomb Hospital. He received the honor at the hospital’s annual Crystal Ball fundraising event. Dr. Hosey was one of the first podiatrists to perform surgery at the hospital and literally paved the way for future podiatrists to follow in his footsteps.



## Avoid Sprains & Fractures This Summer

With warmer weather about to come our way, most of us will soon be enjoying the outdoors, whether that means tending to our yards and gardens, playing recreational sports or spending time at the beach.



“However, it takes just one wrong step for summer fun to turn into a painful ankle sprain or fracture,” says Dr. Thomas Hosey. “Walking, running and playing on uneven surfaces, such as grassy lawns, beaches and hiking trails, leave us susceptible to ankle trauma. Couple that with lightweight, unsupportive summer footwear, such as sandals or flip-flops, and it makes it even more difficult for us to regain balance on uneven surfaces.”

Sprains are one of the most common ankle injuries, but how can you tell if ankle pain is a sprain or a fracture?

An ankle sprain is an injury to one or more of the ligaments in the ankle. These ligaments are like rubber bands that stabilize the ankle and limit its side-to-side motion.

“When these ligaments are stretched or torn, which can happen, for example, when the ankle is suddenly twisted, a sprain results,” Dr. Hosey says. “A fracture can also occur when the foot is rolled under and the ankle is twisted. In this case, one or more bones may break or the ligament may pull a piece of bone off when it tears.”

When you have an ankle sprain, rehabilitation is crucial, and it starts the moment your treatment begins. Treatment of ankle fractures depends on the type and severity of the injury. “If you suffer from an ankle injury, follow the R.I.C.E. (Rest, Ice, Compression, Elevation) protocol and contact our office for a proper evaluation,” Dr. Hosey adds. “In some cases, surgery may be necessary to repair the fracture and other soft tissue-related injuries, if present.”

If you or a family member suffers a sprained or fractured ankle this summer, make an appointment with any of our physicians at Hosey Foot and Ankle Centers by calling 586-263-4411. Prompt diagnosis and treatment are important to a successful recovery.

**PAY  
IT  
FORWARD**

To get an invitation next year make sure to provide your email address

## Attendees again “Pay It Forward” at 2019 Patient Appreciation Dinner

More than \$750 was collected at the 2019 Patient Appreciation Dinner hosted by Hosey Foot and Ankle Centers. The donations from just over 150 patients and guests went to the Pay It Forward program sponsored by WMUZ 103.5 radio. Every year Dr. Thomas Hosey and his wife, Mary Ann, host a patient appreciation dinner to thank patients for choosing Hosey Foot and Ankle Centers as their podiatric specialist. They were joined by Dr. Ryan Murphy, Dr. Kristen Patterson and Dr. Angela Jacob who greeted patients during the evening. Members of the staff were also on hand to talk with patients and sell 50/50 raffle tickets to raise the donations.

WMUZ radio host Chris Stevenson of the Morning Light show explained that the donations will be converted into \$25 food gift cards that will be distributed to families

throughout the metropolitan area as stories of need are presented. Radio listeners often match if not exceed the original gifts. Hundreds of families have been helped through the Pay It Forward program in the past seven years.

This year’s event was again held at the Mirage Banquet Center at 18 Mile Road and Garfield in Clinton Township. Invitations to the event are sent via email so if you are not on the clinic’s email address list please contact the clinic at 586-263-4411. Other important messages from the clinic as well as the Hosey Podiatry Footnotes are also distributed by email.

Helping sponsor the event this year were Mobility Plus Rehab, Miller Vein and Sweet and Associates International Insurance.

## Pain in a child's foot or ankle is never normal.



"Any pain that lasts more than a few days or is severe enough to limit the child's walking should be evaluated by one of our physicians at Hosey Foot and Ankle Centers," says Dr. Kristen Patterson. "One of the most common foot problems in children is pediatric flatfoot. Sometimes the child may have trouble participating in physical activities or sports or may appear to walk or run awkwardly. Some complain of pain or cramping in their feet, legs or knees."

Children may also suffer from an inflammation of the heel's growth plate. It typically affects children between the ages of eight and 14 years old because the heel bone does not fully develop until at least age 14. Until then, new bone forms at the growth plate, a weak area located at the back of the heel. When too much stress is placed on the growth plate, inflammation can develop.

"Ingrown toenails are often the result of tight shoes or socks or incorrect nail trimming," says Dr. Patterson. "Serious infections can result when the nail breaks the skin. Parents should never try to dig the nail out at home."

Plantar warts can develop anywhere on the foot, but they typically appear on the bottom of the foot. These warts grow deep into the skin and can make walking or standing painful.

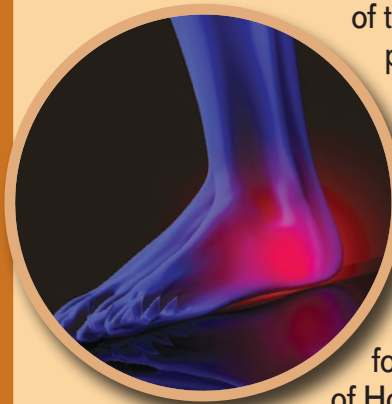
If your child experiences any foot or ankle pain that is affecting his or her ability to walk, make an appointment with any of the physicians at Hosey Foot and Ankle Centers by calling 586-263-4411.



Dr. Angela Jacob and Thomas Baker recently announced their engagement. Though they have not yet set a wedding date you are invited to ask them about their plans.

## Heel Pain Continues to Plague Adults .

If you are suffering from heel pain, you are not alone. The most common cause of heel pain is plantar fasciitis, which is an inflammation



of the band of tissue (the plantar fascia) that extends from the heel to the toes.

"When patients suffer from this ailment the fascia becomes irritated and then inflamed, resulting in heel pain or pain in the arch of the foot," says Dr. Angela Jacob of Hosey Foot and Ankle

Centers. "Those who spend the majority of their day on their feet are susceptible to this condition, but the good news is that most patients respond well to such non-surgical treatments as stretching exercises, rest, shoe pads and footwear modifications, orthotic devices, night splints and injection therapy."

If conservative therapies do not provide relief after several months, surgery may be considered.

"No matter what kind of treatment you undergo for plantar fasciitis, the underlying causes that led to this condition may remain," Dr. Jacob adds. "Therefore, you will need to continue with preventive measures. Wearing supportive shoes, stretching and using custom orthotic devices are the mainstay of long-term treatment for plantar fasciitis."

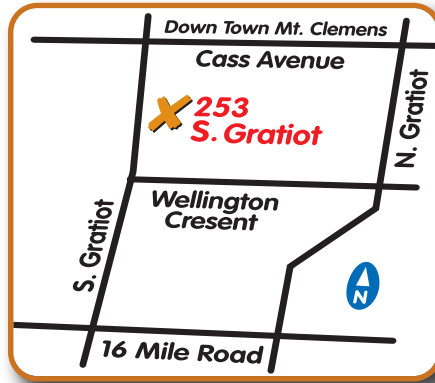
If you suffer from heel pain contact any of the physicians at Hosey Foot and Ankle Centers by calling 586-263-4411.



# Convenient Locations



**CLINTON TOWNSHIP**  
 42550 Garfield Rd., Suite 103  
 Clinton Twp, MI 48038  
 Just south of 19 Mile Rd.  
**586-263-4411**



**MOUNT CLEMENS**  
 253 S. Gratiot  
 Mount Clemens, MI 48043  
 One mile north of Metro Parkway (16 Mile).  
**586-468-5445**



**STERLING HEIGHTS**  
 44344 Dequindre, Suite 420  
 Sterling Heights, MI 48314  
 Just south of M-59.  
**586-275-3000**

## HOSEY FOOT & ANKLE CENTERS

42550 Garfield Rd.  
 Suite 103  
 Clinton Twp, MI 48038

### Meet your doctors



Thomas C. Hosey  
 DPM, FACFAS



Ryan M. Murphy,  
 DPM, FACFAS



Kristen Patterson  
 DPM



Angela R. Jacob  
 DPM

### The Hosey Foot and Ankle team

