



Foot Notes SPRING/SUMMER 2021



Children's foot condition facts

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," says Dr. Ryan Murphy of Hosey and Murphy Foot and Ankle Centers.

Foot problems commonly seen in children include:
Pediatric Flatfoot: Most children with flat feet have no symptoms. However, sometimes they 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.

Calcaneal apophysitis is 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.

"Tight shoes or socks or incorrect nail trimming can cause ingrown toenails in children," says Dr. Murphy. "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. Plantar warts, which are caused by the human papilloma virus, commonly occur in children and adolescents. 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, contact the offices of Hosey and Murphy Foot and Ankle Centers by calling 586-263-4411.



Watch out for old injuries



After spending the long winter months cooped up inside, the first signs of spring always bring excitement and eagerness to get outside.

“Before heading out for your favorite sports or hitting the pavement, keep in mind the last few months of increased inactivity may have weakened the muscles, tendons and ligaments of your feet and ankles,” says Dr. Thomas Hosey of Hosey and Murphy Foot and Ankle Centers.

“To avoid injury you should stretch and condition your feet and ankles to work your way up to any outdoor activities.”

If you’ve experienced a foot or ankle injury in the past, residual pain and weakness could reappear once you start ramping up your activity. To avoid reinjuring your foot or ankle, Dr. Hosey recommends patients schedule an appointment with our office for an athletic or fitness plan to help you ease into the season.

“We can examine your foot or ankle for damage caused by improperly healing ligaments, which could lead to pain and swelling,” Dr. Hosey says. Foot and ankle pain is never normal no matter how light or strenuous the activity.

“To avoid injury you should stretch and condition your feet and ankles to work your way up to any outdoor activities.”

Summer tips to avoid foot pain

Summer is the time for picnics, pool parties and playing outside—not foot pain. Dr. Kristen Patterson of Hosey and Murphy Foot and Ankle Centers has the following tips to keeping your feet pain free this summer.

“Don’t walk barefoot. Your feet can suffer cuts and puncture wounds that can become infected,” Dr. Patterson says. “Also apply sunscreen to your feet to protect against sunburn and skin cancer. That’s an area many forget about.” Wear socks. Bare feet inside of shoes can lead to athlete’s foot and other fungal infections, blisters and calluses. Change your socks throughout the day when necessary to keep feet dry.

Avoid falling for fashion trends. When buying sandals, make sure they provide arch support and heel cushioning. “While flip flops are a nice way to free up your feet, the lack

of arch support and stability can create abnormal stress on the band of tissue extending from the heel to the toes,” Dr. Patterson adds. “This can trigger plantar fasciitis, which causes pain in the heel, especially when getting up in the morning or after periods of inactivity throughout the day.” Dr. Patterson recommends finding shoes with better support and wearing flip flops sparingly if possible.

Stay hydrated to avoid leg cramps and muscle spasms and warm up and stretch before exercising and cool down and stretch afterward. This will help prevent injuries to the Achilles tendon and plantar fascia.

If your feet hurt especially after three days of rest, come see any of the physicians at Hosey and Murphy Foot and Ankle Centers by calling 586-263-4411 to make an appointment.



Living with diabetes? Protect your feet from summer heat

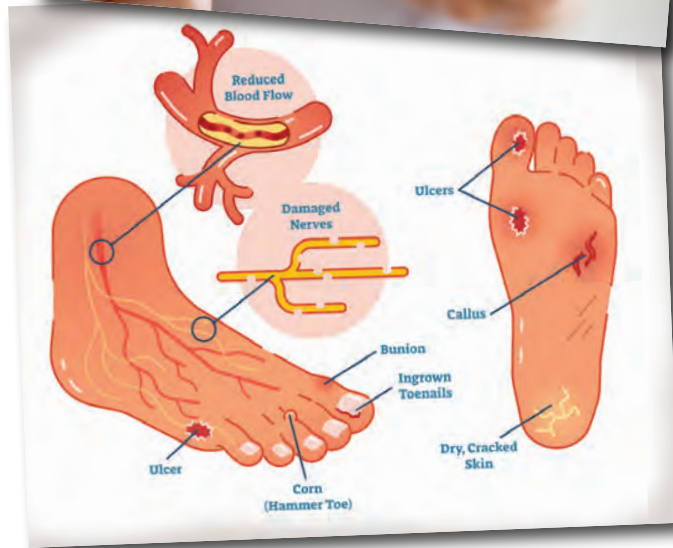
If you are living with diabetes, hot and humid summer weather can wreak havoc on your feet.

“Exposure to extreme heat can lead to swelling and swollen feet can make your shoes fit tighter and may exert blister and pressure on your toes and heels,” says Dr. Ryan Murphy of Hosey and Murphy Foot and Ankle Centers. He recommends that diabetic patients wear support stockings to reduce swelling and avoid complications, such as poor circulation and further impaired nerve function.

“Any type of skin break on your feet can become infected and ulcerate if it is not noticed right away,” Dr. Murphy adds. “If you wear sandals often during the summer, inspect your feet daily for any cuts, cracks or signs of infection and try to wear regular shoes a few days a week to limit your exposure.”

Even just a few minutes of walking barefoot on a hot driveway or sidewalk can badly burn the soles of your feet due to impaired nerve sensation from the disease. Always wear shoes outdoors to protect them from injury.

“Vigilant footcare year-round is a must if you are living with diabetes,” Dr. Murphy adds. “Call our office to schedule regular foot exams to help keep your feet healthy all year long.”



Tackling big toe pain



Your big toe is an important part of the body. It helps to keep our balance, bends with each

step we take, gets jammed with any quick stops or twisting motion and is under added stress when wearing heels.

“With anything that takes a beating like the big toe, occasional pain is normal and could stem from a busy, activity-filled day, but constant pain could be the sign of

an arthritic condition called hallux rigidus,” says Dr. Angela Jacob of Hosey and Murphy Foot and Ankle Centers. Hallux refers to the big toe and rigidus means the toe is rigid and cannot move. If it’s in an earlier stage and movement is only slightly limited it’s called hallux limitus, but as the joint stiffens and worsens over time it can make it difficult for you to walk, stand for long periods of time or crouch down.

“Hallux rigidus can be hereditary, but often it is caused by repetitive stress from the workplace or some sports,” Dr. Jacob adds. “Workers who are required to stoop a lot, golf and tennis players are more prone to developing hallux rigidus. It can also stem from an injury like a severe stubbed toe.”

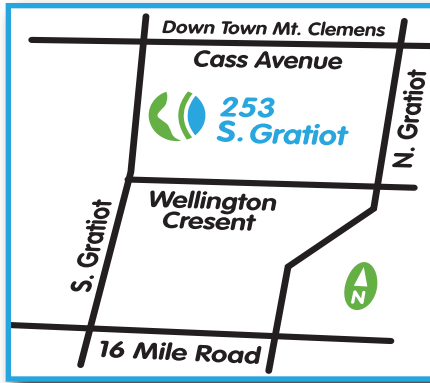
If you experience any big toe pain while standing for long periods, walking, squatting or bending over, it’s time to contact the physicians at Hosey and Murphy Foot and Ankle Centers at 586-263-4411



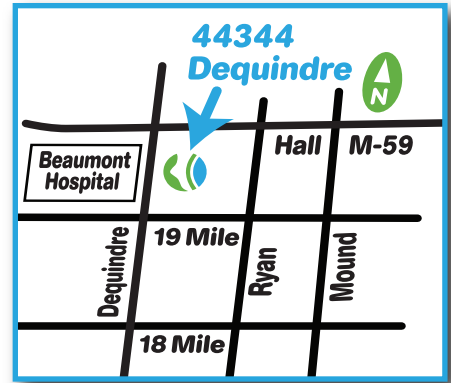
Convenient Locations



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



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Meet your doctors



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The Hosey Foot and Ankle team

