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## Patient Checklist

This guide will prepare you for your appointment and help make the most of your time with Dr. Pinsker.

### Before Your Visit:

- Make a list of your symptoms and questions.
- Make a list of all medications and any previous surgeries.
- Gather and bring important medical records and laboratory test reports from other doctors or hospitals (including X-rays, MRIs, and lab results).
- Check with your insurance provider to see if a referral is needed.
- Call before your visit to tell the office if you have special needs.
- Bring a friend or family member if you think it will be helpful.
- If your problem involves walking and/or exercise, bring your walking/exercise shoes with you to the appointment.

### During Your Visit:

- Go over your list of questions.
- If you do not understand an answer, be sure to ask for further explanation.
- Take notes and listen carefully.
- Discuss your symptoms and any recent changes you may have noticed.
- Talk about all new medications.
- Ask why it has been prescribed, and how to take it.
- Describe any allergies.
- Tell Dr. Pinsker if you are pregnant or if you are trying to get pregnant.
- Let Dr. Pinsker know if you are being treated by other doctors.

### After Your Visit:

- Prepare for any tests Dr. Pinsker orders.
- Ask about what you need to do to get ready, possible side effects, and when you can expect results.
- Ask when and how the test results will be made available to you.
- Schedule a follow-up appointment (if necessary) before you leave our office.



## Our Office

853 Jefferson Ave  
Washington, PA 15301  
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(724) 225-9469 - fax

## Office hours:

Monday:  
09:30 AM - 08:00 PM  
Tuesday:  
09:00 AM - 05:00 PM  
Wednesday:  
Closed  
Thursday:  
09:00 AM - 06:00 PM  
Friday:  
09:00 AM - 05:00 PM

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## Treatment of Heel Pain

There are many different ways to treat heel pain. Dr Pinsker will decide on the best treatment plan based on your activity level, work environment, and other factors. Below we listed a few of the options we have available in our office:

- 1. Rest-** It is better to rest the heel as much as practicable. When you are off your feet, the foot is healing and getting better. When you are standing, without any foot support, the heel is getting injured further. When you are standing when wearing orthotics (foot supports) and well supportive shoes, the injury decreases dramatically, but usually is not eliminated altogether. So, during the treatment period, if you have the choice of sitting or standing, sit ! If there are no health reasons to avoid them, a week's use of an over-the-counter anti-inflammatory medication may eliminate the pain.
- 2. Support-** First, we need to protect the bone from the pulling of the plantar fascia. We do this by using an arch supporting device - an orthotic. They come in pairs, one for each foot. Orthotics will greatly reduce the pain now and in the future. Athletes, people who stand during work, or those with heel pain need a custom orthotic to relieve the pressure and support the foot.
- 3. Stretching-**the tissue on the bottom of the foot. Three times a day, sit erect with the legs extended and loop a belt, scarf or towel around the forefoot. Pull the forefoot toward the upper leg. Expect to feel a mild pulling sensation at the back of the leg and in the arch. Stretching should not be done to the point of pain. This position is held for 30 seconds, and is repeated 3 times. The 3 repetitions at 30 seconds, 3 times-a-day is easy to remember. See our website for a video demonstration of heel pain stretching exercises.
- 4. Cortisone injections-** usually done at 2 week intervals, and most cases require 1-3 injections. The skin can be desensitized before the injection with a cold freezing spray designed to provide brief anesthesia. The injection is done from the inner side of the heel, not from the bottom.
- 5. Shoes-** Without proper shoes or ill-fitting shoes, your feet can be in serious danger. Shoes have the power to create or eliminate pain in the feet. You need to have proper fitting shoes, shoes that adhere to your foot type, and shoes that match the activity you're involved in.
- 6. Physical therapy-** For physical therapy, the doctor may employ ultrasound, galvanic stimulation or any of a number of anti-inflammatory modalities at the offices of a physical therapist. The most effective way for physical therapy to work is if it is applied regularly, at least three times a week.

**Preventing Heel Pain** Recurrence can occasionally happen after treatment, but if the patient continues to employ good mechanical foot control by continuing to wear orthotics and good supportive walking or athletic shoes, recovery is rapid and the success rate is excellent.

## Spring into Exercise

The warm weather and fresh air of spring lures many of us out of doors and is the perfect time to start an exercise program.

You may know that it's important to do a light warm-up before beginning any workout. But don't neglect the foundation of your body - your feet! Our feet do an important job of transferring force from the body to the ground. The arches are essential for absorbing shock and adjusting to help balance on uneven ground.

### Warm Up and Stretch the Feet Before Exercising

Veteran exercisers know not to stretch too much before warming up the muscles. The goal of a warm up is to prepare muscles so they can better respond to the demand of the exercise, not to increase range of motion.

Here are a few foot and ankle warm-ups to get your feet ready for physical activity:

- **Ankle circles** - standing on one foot, lift the other foot and make circles with the toes. Do 10 circles in each direction, then repeat with the other foot.
- **Toe points** - while standing on one foot or sitting, gently point the toes and hold, then flex the foot with the toes pointing up. Do 10 repetitions then repeat with the other foot.
- **Tip-toes** - while standing, lift the heel of one foot and press toes gently into the ground. Do this 10 times on each foot.
- **Arch stretch** - sit in a chair and place your left foot on your right thigh. Gently pull the toes of your left foot to the left with your left hand. Repeat 10 times, then switch to your right foot.

....continued on page 3



## History FootNote

The Achilles tendon is named after the ancient Greek hero of the Trojan War whose only vulnerable point was his heel.

## Celebrity Foot Focus

At Super Bowl 50's halftime show, Coldplay's Chris Martin sported colorful shoes with neon-orange laces that were designed by his 9-year old son.

## Joke of the Month



### Spring Fever

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

## ....continued from page 2 **Spring into Exercise**

These stretches are great to use after your workout too.

### Choose the Right Workout Shoe

When selecting your exercise shoe, it's important to consider both the activity and surface type. Will you be walking or running, or playing tennis or basketball? On a cushioned track, road or grassy surface? Be sure to choose the appropriate footwear for each workout.

If you have any structural abnormality like flat feet, high arches, bunions or feet that point inward or outward, please visit us for professional guidance on the best shoe type for your workout. This is especially important if you are a patient with diabetes. Often custom-fitted orthotics can address these situations and allow you to exercise pain and injury free.

## When To Call a Podiatrist

At our office we often hear patients say "I wish I had come in sooner!" If you have any foot pain it's important to seek out a qualified professional as soon as possible.

A podiatrist is a doctor of podiatric medicine (DPM). Podiatrists diagnose and treat conditions of the foot. We are the experts!

If you or a family member has any of these symptoms or conditions, please consult us right away:



- Foot pain of any type
- Heel pain of any type
- Painful toes
- Any type of foot injury like a fracture, sprain or strain
- Skin conditions like persistent athlete's foot or toenail fungus
- Painful spots on the bottom of the foot - these could be calluses or plantar warts
- Toenail problems including infected ingrown toenails, discolored nails or the nail separating from the nail bed
- Any change in the foot's appearance: swelling, color change or warmth
- Deformity like a bunion or hammertoe
- An open sore, cut, bruise or scrape that doesn't heal - especially if you have diabetes
- Excessive foot odor or sweaty feet

It's especially important for patients with chronic conditions like diabetes, blood circulation disorder or heart disease to seek out a podiatrist for any foot-related issue or question.

Don't wait to seek out a podiatrist even if you feel your foot problem is "no big deal." We will be happy to see you in our office and will work to resolve your foot problem quickly.

## Easy Treatments for Workout Foot Problems

Whether you're a regular exerciser, a weekend warrior or just starting a workout program, your feet can take a beating. Here are some home remedies to treat minor foot problems and get you back in the game quickly:

**Blisters.** You may get blisters from friction from your athletic shoes. They are your body's natural reaction to protect the new, growing skin underneath, so don't puncture them. Cover loosely with an adhesive bandage or doughnut-shaped pad. If the blister breaks, leave the flap of skin where it is. Wash the area with soap and water, apply antibiotic ointment and bandage. Call us if you see signs of infection.

**Calluses and Corns.** You can reduce these skin problems by soaking in water and then rubbing with a pumice stone. Follow up with soothing moisturizer. Avoid over-the-counter acid products as they can damage healthy skin. For persistent or painful corns or calluses, call us for professional treatment.

Wearing properly-fitted shoes appropriate to each activity can reduce the risk of blisters, calluses and corns. Another way to prevent blisters is by wearing 2 socks on each foot.

Caution: if you have diabetes or heart disease, please call us for help with any of these foot issues as they may worsen and become infected or lead to foot ulcers.



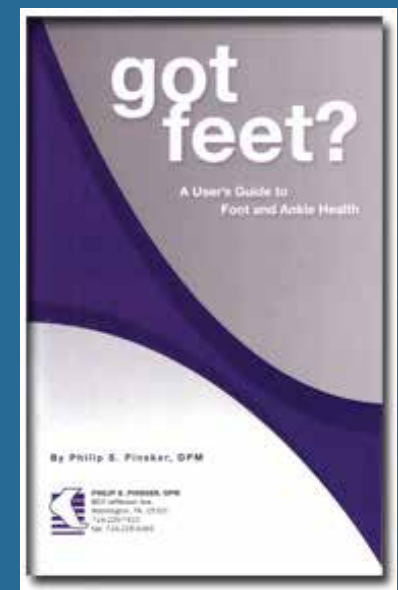
## Trivia

**Which of these leaders was born on April 21, 1926?**

- Queen Elizabeth II
- President George W. Bush
- Prime Minister Winston Churchill
- Prime Minister Pierre Trudeau
- President Bill Clinton

**Answer: A**

Receive your **FREE** copy of Dr. Pinsker's book today!



I wrote this book because too many people suffer from foot and ankle pain unnecessarily.

~ Dr. Phil Pinsker

## Recipe of the Month

# Warm Snow Pea and Chicken Salad

Snow peas aren't just for stir-fries. Thinly sliced, their crunchy texture and sweet taste combine with a creamy Asian dressing to make this salad special.

### Ingredients

- 1 pound boneless, skinless chicken breast, trimmed
- 3 tablespoons rice vinegar
- 3 teaspoons toasted sesame oil, divided
- 1 tablespoon minced fresh ginger
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons tahini, or cashew butter
- 2 cloves garlic, minced
- 2 tablespoons chopped cashews



### Preparation

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.
4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

Recipe courtesy of [EatingWell.com](http://EatingWell.com)



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Dr. Philip Pinsker, DPM

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