

The Doctor Is In! TeleHealth vs. In-Office Appointments

Over the last few months, we've adapted to a new normal with social distancing and stay at home orders. Our office has made necessary adjustments to keep patients and staff safe, including limiting the number of in-office visits and adhering to stringent cleaning guidelines.

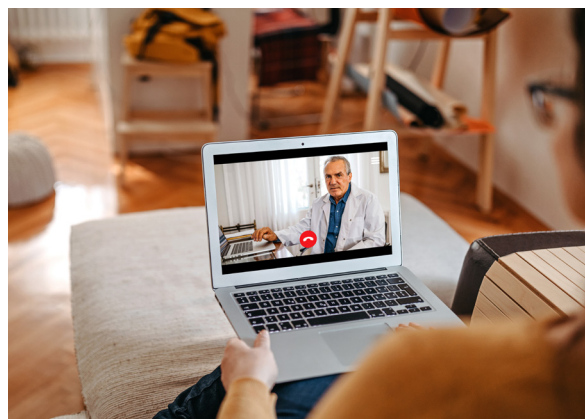
While going to a doctor's office may seem nerve wracking right now, it's important to continue taking care of your overall wellness, including your feet. Healthy feet and ankles are crucial for balance, mobility and a healthy body. It's just as important to know which foot and ankle issues can be taken care of via TeleHealth and which should be done in person in our office.

Not sure whether your condition requires an in-person appointment?

| These Conditions Can be Addressed Via TeleHealth: | These Conditions Require an In-Office Visit: |
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| <ul style="list-style-type: none"> • Heel and arch pain, general foot pain • Achilles tendinitis • Metatarsalgia (pain in the ball of your foot) • Skin rashes and athlete's foot • Plantar warts • Big toe pain • Arthritis • Gout | <ul style="list-style-type: none"> • Post-operative care • Injuries (sprains or trauma, suspected bone fractures) • Infections • Ingrown toenails • Wounds • Foot ulcers • Calf pain with warmth, redness, or swelling, which could possibly be a blood clot |

If you suspect an issue that warrants a trip to our office, don't worry—we are taking precautions to keep you safe. We've ramped up strict cleaning and sanitation procedures before and after patients, providing protective equipment where necessary, spacing out appointments to limit crossing of patients, eliminating use of waiting rooms and taking patients directly into exam rooms and pre-screening patients to ensure no one is sick.

Remember it is also still important to pay attention to your feet and take steps on your own to keep your feet healthy—especially during this time. Check your feet daily to spot any problems. If you notice any changes, contact our office immediately. We will help you determine the best way to seek treatment for the issue.



Summer Footwear Creates New Problems

Summertime brings on warmer temps and the switch from heavier footwear to sandals and flip flops. 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 (plantar fascia). When this happens, it can trigger plantar fasciitis, which causes pain in the heel when getting up in the morning or after periods of inactivity throughout the day. The pain is persistent and can take time to improve, but supportive footwear can help avoid it worsening. We recommend finding shoes with better support this summer and wear flip flops sparingly if possible. If you notice pain in your foot, contact our office for treatment options.

Avoiding Running Injuries

While some states are still seeing shelter in place restrictions, many people are still able to find a brief respite by getting outside for a run. Taking a run can be great for your mental and physical health, however if during a run you start to feel like you have something bunched up under the ball of your foot, it could be a Morton's neuroma.

A Morton's neuroma is caused by irritation and compression from repeated pressure on the nerve in the ball of the foot. The irritation causes thickening and enlargement of tissue surrounding the nerve and makes it feel as if something is bunched up under your foot. Symptoms of this neuroma typically begin gradually and can go away by massaging the foot or avoiding activities or shoes that irritate it, but the symptoms will worsen over time as the neuroma gets bigger. A persistence irritation can cause even temporary nerve changes to become permanent, so it's important to contact our office right away for early, proper treatment.

Prompt treatment with padding, ice, orthotics or medication may help you avoid more invasive therapies down the road. If you



think you may have a Morton's neuroma or experience any type of foot pain from running, contact our office as soon as you notice symptoms for an accurate diagnosis.

