

Podiatry News and Clues

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Problem of the Month

Obesity is a Growing Problem Affecting the Feet! "It does not take much extra weight to cause a foot problem, such as heel pain. It is harder to walk or do other exercise, which creates a vicious cycle where you just gain more weight and your heel hurts more" says podiatrist **Dr. Michael Nirenberg**. Just losing the weight won't solve the problem; once a tendon or ligament is injured it needs to be treated.

Living With--->>>

Hey Doc, MY FEET HURT!

Approximately 15% of all adult foot problems are caused by heel pain. Its most commonly caused from being overweight, overuse such as an athlete, exerciser or walker, or your job requires you to be on your feet a lot. The most common site of the pain is the inside edge of the sole of the foot, underneath the heel. It can affect high arched and flat foot types.

So enough about the problem!! What's The Solution... Orthotic devices or the most common long term solution. This has been found to be over 90% successful in alleviating heel pain cases. Often people will try short term solutions such as anti-inflammatories either injection or oral prescriptions along with foot strapping, shoe padding or physical therapy.

~Quote of the Day~

*When You Stumble, Make it Part of
The Dance*

March 2013

What's Happening?

Got the Summer blues? Are your toes not ready for the beach and the pool? You're not alone! KERYflex nail system is the BIG New thing! A new affordable and instant way to prepare your toes for their big debut. This product is exclusive to Podiatrists only. You're probably saying "How can this be?" Click on the Link and watch our videos! <http://keryflex.com/videos>. Our own video to come!

Pain with First Step out of Bed...

Heel pain is a common condition in which weight bearing on the heel causes extreme discomfort. There are two categories of heel pain. The first is over-use which refers to a soreness resulting from too much impact on a specific area of the foot. This condition often referred to as "heel pain syndrome," can be caused by shoes with heels that are too low, a thinned out fat pad in the heel area, or from a sudden increase in activity. Plantar fasciitis, a very common diagnosis of heel pain, is usually caused from a biomechanical problem, such as over-pronation (flat feet). Over-pronation can cause the plantar fascia to be excessively stretched and inflamed, resulting in pain in the heel and arch areas of the foot. Often the pain will be most intense first thing in the morning or after a prolonged period of rest. The pain will gradually subside as the day progresses.

March Madness

<<<<<<-----What's The Solution?

If you're having a consistent or recurring issue with your FEET you should see your podiatrist as soon as possible. Any questions or concerns you have we can answer and offer you solutions before the problem persists and/or worsens.

Take Care of Your Health

If you're one the millions of people who suffer from Heel pain or related conditions then March Madness is about YOU!
We want to help make you aware and offer a solution to these conditions and get you on your way to a healthier YOU!

----->>>>>> What's Next

Who can provide these orthotic devices? Your Podiatrist can fabricate a custom mold of your foot or fit you with a customized shoe insert. So if this sounds like you schedule your appointment today!

Is there something you want to see or share in our newsletter? Let us know! Maybe a success story or you just want to know more about something. You can email us back or find us on Facebook @ www.facebook.com/joseph.dpm or visit our website & click on the %contact+page.

