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Can You Prevent Bunions From Getting Worse?



Bunions are very common in the U.S. In fact, 23% of Americans age 18-65, and 35% of those over age 65, have at least one bunion.

A bunion is an enlarged big toe joint. This painful deformity can run in families and can also be caused by wearing shoes that are too narrow or even a foot injury. Patients with flat feet, inflammatory joint disease or arthritis are more susceptible to bunions.

With a bunion, the big toe can move out of place and push against the smaller toes. It may be painful to walk and difficult to find comfortable shoes. Because bunions protrude, the inside of your shoe will rub against it causing irritation and calluses.

Treating Bunions

If you observe a bunion on your big toe joint or if you have pain in this area, especially when wearing shoes, please give us a call.

The first step in treating a bunion is to change your footwear so your toes have plenty of room. Then we will work to reduce your pain and relieve the pressure on your toes with:

- Custom-fitted orthotics to help stabilize and reposition the joint.
- Shoe padding to relieve inflammation and friction.
- A night-time splint that can help realign the joint.
- A cortisone injection to reduce inflammation.
- Special exercises for flexibility and mobility.

If these measures don't give you enough relief from the pain, we will discuss a bunionectomy where the bunion is removed and the toe is realigned.

Keep Bunions from Getting Worse with These Tips

- Our feet flatten as we age and you may add a shoe size or two. Always have both feet professionally measured each time you shop for shoes.
- Choose shoes made of quality materials that fit well.
- Avoid footwear that crowds the toes, putting excess pressure on the joints. Narrow high heels are particularly problematic in causing and aggravating bunions.
- Select shoes with wide and deep toe boxes and flatter heels.
- Stay away from shoes that make your foot slide forward as these will jam your toes into the toe of the shoe.

Remember - bunions will not heal by themselves! Without proper treatment, this deformity will cause more pain and complications like chronic bursitis or arthritis may develop.

Physical Therapy: An Effective Treatment for Many Foot Problems



One of the most effective therapies in treating foot problems is physical therapy.

Physical therapy is useful in strengthening muscles and increasing flexibility. Treatments can also increase range of motion, support proper structural alignment and promote balance.

We often prescribe physical therapy for our patients with foot and ankle sports injuries as well as a post-surgery regimen to aid healing and recovery. Physical therapy is also helpful in treating a wide range of foot and ankle problems including:

- All types of injuries
- Ankle sprains
- Congenital foot or ankle conditions
- Toe deformities like hammertoes and clawtoe
- Bursitis
- Tendonitis including Achilles tendonitis
- Heel pain and plantar fasciitis
- Sever's disease
- Neuroma
- Bunion
- Tarsal tunnel syndrome
- Muscle strain and tear

A physical therapist's tools of the trade can include ultrasound, diathermy, electrical stimulation and massage as well as targeted exercises and stretches.

What To Expect at Physical Therapy

We prescribe physical therapy treatments to continue the healing process that begins in our office. At the physical therapy office, the therapist will first meet with you and discuss your specific needs and goals. Your injury or condition will be evaluated and you'll discuss an individualized treatment plan.

The frequency of your visits and length of treatment will be based on your specific condition, prescription details and the therapist's recommendations.

Recipe of the Month Healthy Chicken Salad



If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of youbrewmytea.com

History FootNote

Hippocrates is believed to be one of the first practitioners of physical therapy in 460 BC, advocating massage, manual therapy techniques and hydrotherapy.

Celebrity Foot Focus

Iman, Amal Clooney, Victoria Beckham and Oprah Winfrey are among the many celebrities who suffer from bunions.

Trivia

What's the best water temp for soaking tired feet?

- A) Extra-hot
B) Warm
C) Cold
D) Alternating cold and warm

Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

Joke of the Month

Q. What did the teenage witch ask her mother on Halloween?

A. Can I have the keys to the broom tonight.

Follow us...



Meet Our Doctors



Marco A Vargas DPM, FACFAS



Alicia Johnson DPM, FACFAS



Sloan Gordon DPM, FACFAS

Our Offices and Hours:

Marco A Vargas
15200 Southwest Freeway
Suite 130, Sugar Land, TX 77478
Phone: 281-397-3487
Fax: 866-912-7672
Toll Free: 888-784-5335

Monday : 8:30am – 5:30pm
Tuesday : 8:30am – 5:30pm
Wednesday : 8:30am – 5:30pm
Thursday : 8:30am – 5:30pm
Friday : 8:30am – 4:00pm

Foot & Ankle Associates Of Southwest Houston
7737 Southwest Fwy.
Suite 500, Houston, TX 77074

Monday : 9:00am – 5:00pm
Tuesday : 9:00am – 5:00pm
Wednesday : 9:00am – 5:00pm
Thursday : 9:00am – 5:00pm

Website: www.TheFootPros.com