

silicon valley podiatry group



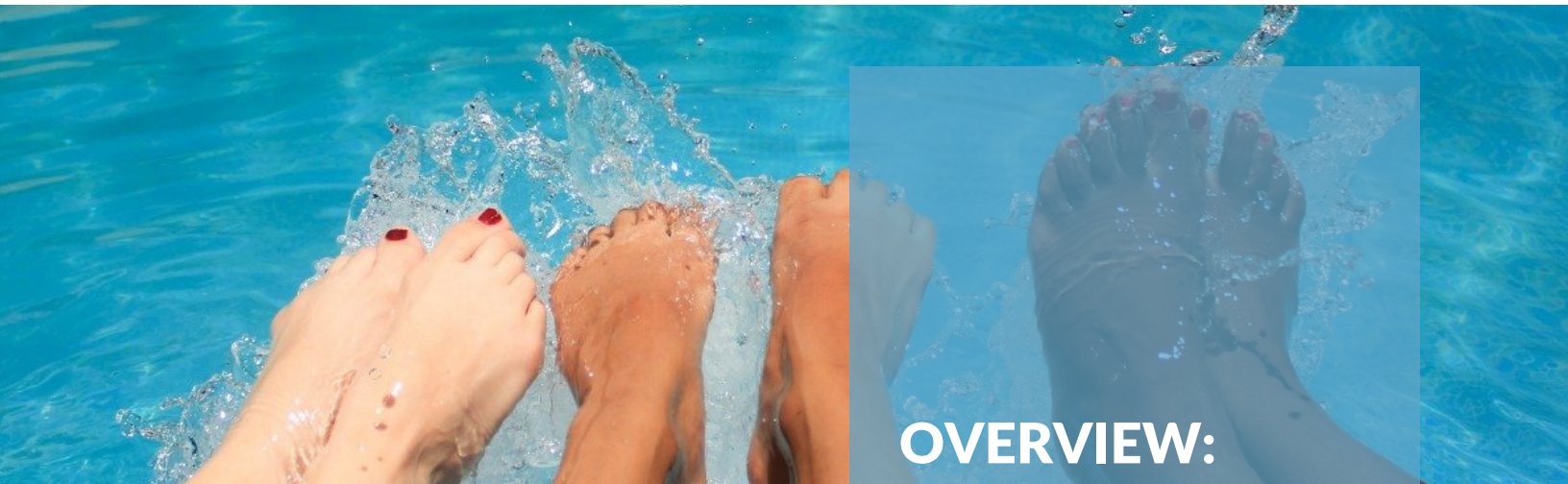
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SVPG NEWSLETTER

SUMMER 2021

HEALTHY FEET FOR AN ACTIVE LIFE STYLE



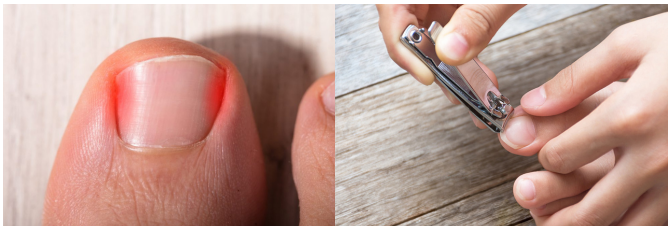
OVERVIEW:

- Ingrown Toenails
- Heel Pain
- What is the Difference Between a Callus and a Corn?

Ingrown Toenails

An ingrown toenail is a nail that is curved and grows in the skin, usually at the nail borders. Some of the causes are hereditary, improper footwear, by trauma, or improper trimming. Initial treatment can be safely performed at home; however, it is discouraged if an infection is suspected or it's a high-risk foot condition such as diabetes, nerve damage or poor circulation. You can soak your foot in lukewarm water with Epsom salt for 10-15 minutes and gently massage the side of the nail fold to reduce inflammation. Avoid "Bathroom surgery" and repeat trimming of the toenail.

Ingrown toenails can be prevented by proper trimming, cut toenails in a straight line, not too short and use well-fitting shoes and socks.



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Heel Pain

Have you noticed that your heel is more painful since you've been home due to Covid? Did you stop wearing your shoes as you've been inside your home? There are many different reasons that can result in a painful heel such as stress fracture, tendonitis, arthritis, nerve irritation; however, the most common cause is *Plantar Fasciitis*.

Plantar fasciitis is an inflammation of the band of tissue (plantar fascia ligament) that originates from the heel and extends to the toes. Irritation and inflammation of the fascia can result in heel pain.

The symptoms of plantar fasciitis include pain on the bottom of the heel, pain in the arch of the foot, pain that is usually worse upon arising, pain that increases over a period of months, swelling on the bottom of the heel. People usually describe the pain as worse when they get up in the morning or after they have been sitting for long periods of time. Pain decreases after few minutes of walking because it stretches the fascia. Visit our foot and ankle surgeons to arrive at a proper diagnosis.



We will obtain your medical history and examine your foot to rule out all possible causes for your heel pain other than plantar fasciitis. In addition, further imaging, such as x-rays or other imaging modalities, such as ultrasound and MRI, may be used to distinguish the different types of heel pain. Treatment of plantar fasciitis begins with first-line strategies, which can begin at home and include stretching exercises, calf stretches; avoid going barefoot; using an ice pack to reduce inflammation; limit activities; NSAIDs to reduce pain and inflammation; shoe modifications.



What is the Difference Between a Callus and a Corn?



Corns and calluses are areas on the skin that are thick that occur when the area on the foot rubs against something or there is excess pressure against it. A callus is thickening of the skin on the bottom of the foot which is usually flat and widespread. A corn is thickening of the skin on the top of the foot or the toes that is thicker and deeper. These can be very painful if they get too thick. People with hammertoes are more prone to corns and calluses. Our podiatrists do not recommend over-the-counter treatments as they can do more harm than good, specially if you have

diabetes. Some of these treatments may contain chemicals that can lead to burns or foot ulcers. If you have a corn or callus, schedule a visit to see your podiatrist! Your doctor can carefully shave away any thickened skin in the office, very easy and safe procedure with no pain, which one should not be performing at home. Wear properly fitted shoes and avoid shoes that cause increased rubbing and pressure to the toes and feet. Consult your podiatrist for proper shoe recommendations for your foot type.