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Keep Your Kids' Feet & Ankles Safe This Summer

While your kids may love to go barefoot during the summer, doing so may expose their feet to numerous potential injuries that can ruin the rest of the season for them. Follow these tips to keep your kids on their feet all summer long.

1. Protect against puncture wounds.

What lies hidden in the grass, dirt or sand can wreak havoc on bare feet. Nails, shards of glass, discarded toothpicks, splinters of wood, pieces of seashell at the beach or thorns from trees and plants can puncture the skin of the foot and cause serious injury. Even after the object is completely removed from the foot, any dirt or bacteria pushed into the puncture wound can lead to an infection, painful scarring or even a cyst. Any puncture wounds should be treated promptly in our office within 24 hours.

2. Be cautious around bicycles and lawnmowers.

Besides the hidden dangers, "everyday kid injuries" can also interrupt a summer break. Protect your kids' feet and ankles from traumatic injuries caused by bicycles and lawnmowers by making sure they wear sturdy shoes while riding a bike or when cutting the grass.



3. Apply sunscreen to the tops and bottoms of their feet.

Feet, like shoulders, burn faster than the rest of the body since they are more perpendicular to the sun's harmful rays. Not only is sunburn of the feet painful, it can also cause skin cancers that often go unnoticed until they become serious.

Contact our office for more sensible safety tips to keep your kids' feet and ankles safe this summer.

Get Your Feet Ready for Sandal Season

Seeing your feet exposed in sandals this summer may raise questions about what could be ailing your feet. Here are some common conditions to watch for and guidance on when to consult our office for proper treatment.

1. Bunion

If you have a bump on the side of your big toe, it could be a bunion. Bunions are often genetic; however, improper shoes, such as high heels or shoes with a tight toe box, can cause bunions to become painful or to progress. Treatment may only require monitoring your feet and making modest modifications to your footwear, or depending on the bunion's severity, surgery may be the best option.

2. Hammertoe

Hammertoe is a bending deformity of one or both joints of your toes. This abnormal bending can put pressure on the toe when wearing shoes. Hammertoes should receive prompt attention because of their progressive nature. They do not improve without some kind of intervention.

3. Melanoma

Melanoma (the deadliest type of skin cancer) is the type of skin cancer most frequently found on the feet. If you notice an abnormal freckle or mole anywhere on your foot, even under your toenail, it is best to have us evaluate it. Early detection is key.

4. Haglund's Deformity

If you notice a painful bony enlargement on the back of your heel, it could be a Haglund's deformity. The soft tissue near the Achilles tendon becomes irritated when the bony enlargement rubs against shoes. This often leads to painful

bursitis, which is an inflammation of the fluid-filled sac between the tendon and the bone—the bursa. We can treat a Haglund's deformity nonsurgically, but when conservative methods fail, surgery may be needed to relieve pain.

5. Tailor's Bunion

While most people have heard of the most common type of bunion, which is near the big toe, another type of bunion is the tailor's bunion or buniolette, which occurs near the little toe. If you notice a painful bump at the base of your little toe, it could be a tailor's bunion. We can provide you with conservative methods of treatment as well as surgical options to help alleviate the pain.

No matter your foot ailments, for best results, visit our office so we can provide you with a proper diagnosis and offer treatment options specific to your condition.



Are Popular Sandals Causing Foot Problems in Men?



Footwear has come a long way since Roman armies conquered an empire wearing only sandals on their feet. But what is old is new again, as more and more men make sandals their summer footwear of choice.

Along with the growing popularity of men's sandals come more aches and pains for male feet. The wrong sandal could cause problems, including heel pain, Achilles tendonitis, pain in the big toe

and even breaks and stress fractures in the foot.

If you are shopping for a man sandal—or “mandal” as some people call it—look for a sturdy, cushioned, supportive sole and padded straps. Men living with diabetes should consult our office before wearing sandals.