



Premier Podiatry & Orthopedics



April Newsletter 2023

Podiatry: April is National Foot Health Awareness Month

As birds chirp and flowers bloom, spring brings new beginnings and opportunities to mind. We're committed to helping you keep a "spring" in your step by providing information and resources to ensure your feet are healthy and pain-free.

April is National Foot Health Awareness Month, so celebrate by prioritizing the health of your feet so you can continue to put your best foot forward now and throughout the remainder of the year.

How is Your Foot Health?

You can evaluate your foot health by answering some important questions, such as: Do your feet hurt? Do you have any blisters or abrasions? How about any new abnormal growths? If you could speak to your podiatrist at this moment, would you ask questions or share concerns?

How Do You Improve Your Foot Health?

Even if your feet feel fine, there are ways to improve your foot health so you can continue to live an active and pain-free lifestyle.

Get Evaluated Regularly: When was the last time you visited one of our offices for a foot check-up? A thorough evaluation can go a long way in detecting foot issues that have developed without you noticing. Getting a regular evaluation can also encourage you to take proactive measures toward preventing hereditary foot issues, such as bunions.

Check Your Feet Daily: Checking your feet daily will increase the likelihood of discovering a foot issue that should be addressed. If you have diabetes or neuropathy, make a habit of closely examining your feet so you can be aware of any wounds you may not feel and ensure those wounds are healing properly.

Give Your Feet Some Rest: If you walk long distances, stand on your feet for prolonged periods, or play sports, give your feet the well-deserved rest they need. In addition to sitting down and resting your feet, consider elevating them, soaking them in warm water, and/or scheduling a foot massage.

Only Wear Properly Fitting and Supportive Footwear: Your footwear choices can help—or hurt—your feet. Choose shoes that fit well and offer adequate support/cushioning. If you need footwear recommendations, consult your podiatrist.

Get Some Custom Orthotics: If you're experiencing foot pain, your podiatrist may prescribe custom orthotics. These prescription shoe inserts provide extra cushioning, redistribute pressure, and correct alignment issues.

Orthopedics: Baseball Season and Your Shoulder

America's favorite pastime is underway again! If you are a baseball fan, you know shoulders take a beating in this sport. The constant motion of throwing and reaching for a catch involves the shoulders a great deal. So with that, shoulder injuries happen a lot in baseball. A few such injuries happen to the rotator cuff.

Rotator Cuff Injuries

The main job of the rotator cuff is to prevent the shoulder from slipping out of its socket while it moves all around. The rotator cuff is made up of four muscles: Supraspinatus, Infraspinatus, Teres Minor, and Subscapularis.

When injuries occur to the rotator cuff, it is from either sudden trauma or repetitive movements that wear down the muscles over time. The most common of those injuries include rotator cuff tears, bursitis, and tendinopathy. Here is what happens with each of these injuries:

Rotator Cuff Tears

These (typically partial) tears in the muscle are usually the result of repetitive movements over a long period of time. Baseball players get these over years of throwing the baseball around, and pitchers usually have it the most as they throw the most. This can be caused by sudden injury though as well, like a fall onto the shoulder.

Bursitis

This happens when the small, fluid-filled sac - referred to as the bursa - surrounding the rotator cuff becomes irritated or inflamed. Again this is usually caused by repetitive movements like throwing a baseball. However, it can also be caused by an infection.

Tendinopathy

Another injury due to repetitive movements, like in baseball, this occurs when the tendons that attach to the bone become irritated or inflamed. This can cause extreme pain around the shoulder joint.

We Can Help Your Shoulder Pain!

If you want to be the best in baseball, you have to take care of your shoulders, as they are a tremendous tool in the game. So make sure to protect them as much as you can to prevent a rotator cuff injury this season.

If a shoulder injury is preventing you from hitting the diamond this spring and summer, it's time to get it evaluated and treated. Our orthopedic specialists at Premier Podiatry and Orthopedics are experts in shoulder injuries. They can get to the cause of the shoulder pain and get you the best treatments available.

Give our offices a call, or reach out online to schedule an appointment with our orthopedic experts, so that you can get back out playing baseball this season!

We Hope Your Spring is Off to a Great Start!

Whether you'll be celebrating by getting to a ballpark to catch a game of baseball or helping your little ones find some hidden Easter eggs, we hope you and your family have a fantastic time planned as Spring continues to roll out.

If any foot or other bodily pain is causing you discomfort these days, our amazing team of doctors and surgeons is here to help! Give us a call today and let us help you get the relief you need. Happy Spring to all of you from all of us at Premier Podiatry & Orthopedics!