

Indiana Podiatry Group, Inc.

December 2008 Newsletter

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“Our Patient’s care and comfort are our first Priority””

What is an Ankle fracture?

A fracture is a partial or complete break in a bone. In the ankle, fractures can range from the less serious avulsion injuries (small pieces of bone that have been pulled off) to severe shattering-type breaks of the tibia, fibula or both.

Ankle fractures are common injuries that are most often caused by the ankle rolling inward or outward. Many people mistake an ankle fracture for an ankle sprain, but they are quite different and therefore require an accurate and early diagnosis. Both can occur simultaneously.

Keep Reading

Treatment

Treatment of ankle fractures depends upon the type and severity of the injury. Options include:

Immobilization. Certain fractures are treated by protecting and restricting the ankle and foot in a cast or splint. This allows the bone to heal. **Prescription medications.** To help relieve the pain, the foot and ankle surgeon may prescribe pain medications or anti-inflammatory drugs.

Surgery. For some injuries, surgery is needed to repair the fracture and other related injuries, if present. The foot and ankle surgeon will select the procedure that is appropriate for your injury.

ANKLE fractures

WHAT CAUSES ankle fractures?

Ankle fractures result when the ankle is forced inward or outward past its normal range of motion. Fractures result from the same causes as sprains. This can occur when a jumping or running athlete lands on an uneven surface. It may also occur when the foot is firmly planted and the body gets twisted. Equipment and surface conditions may also play a role. Sports most commonly associated with ankle fractures include: Basketball, Football, Baseball and Soccer. An ankle fracture is accompanied by one or all of these signs and symptoms:

- Pain at the site of the fracture, which in some cases can extend from the foot to the knee.
- Significant swelling, which may occur along the length of the leg or may be more localized.
- Blisters may occur over the fracture site. These should be promptly treated by your surgeon.
- Bruising, which develops soon after the injury.
- Inability to walk—however, it is possible to walk with less severe breaks, so never rely on walking as a test of whether a bone has been fractured.
- Change in the appearance of the ankle so that it differs from the other ankle.
- Bone protruding through the skin—a sign that immediate care is needed! Fractures that pierce the skin require urgent attention because they can lead to severe infection and prolonged recovery.

How to prevent ankle fractures

Taping, bracing, and high top shoes may help prevent some ankle fractures. Maintaining excellent ankle muscle strength and balance, and wearing the **Proper footwear** when participating in sports also may reduce your risk.

Winter is here!

Are your feet ready for the dry season?

During the winter months, our feet tend to become dry and flaky, and our heels tend to crack and split. This is due to the fact that as the weather becomes colder, our bodies try to conserve heat towards the core of our bodies, and therefore we sweat less. Less sweating at the feet means less natural moisturizers secreted.

Dry, cracked feet can be painful, and can also lead to certain infections. Keep your feet well moisturized by using a quality skin moisturizer once or twice a day, and avoid placing it in between the toes to keep fungus away.

Product of the Month

BioFreeze

Great Stocking Stuffer!

Biofreeze is a unique, effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, and overall comfort. Not only is this product effective for foot and ankle pain, it can help relieve pain from sore muscles and muscle sprains, back, shoulder and neck pain, arthritis and painful knee, hip and elbow joints. Biofreeze comes in a gel, spray and roll-on form. For more information or to order this product please call our office at 317-773-7787.

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice grow over the years. We'd like to say a very big **THANK YOU!**

Let's wish Happy Birthday to the following patients!
Happy birthday to you... happy birthday to you... We'd like to give special recognition to all of the patients who have a December birthday. We have a large patient population with birthdays in December, so unfortunately we cannot list each of you. We hope each one of you enjoys your special day!

Meet Our Staff:

Scott L Schulman, DPM

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Melissa K., Practice Manager

Lee W., Billing Manager

Tina P., Medical Manager

Tracy C., Med. Assist.

Jill Z., Receptionist

Brit L., Med. Assist.

Karen H., Receptionist