

Indiana Podiatry Group, Inc.

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

What is a shin splint?

Shin splints are a condition that involves an inflammation to the shinbone of the lower extremity with or without involvement of the surrounding soft tissues. It is most commonly seen in runners or athletes and can cause considerable pain and lengthy periods of disability. It is a type of over use injury, meaning that as one trains harder with greater distances, the athlete has a greater tendency to develop this condition. If the cause of the problem is not treated, a shin splints condition can lead to a rupture of an associated tendon or even a fracture of the shinbone itself. There are different types of shin splints, which are based upon their location in the lower extremity. The bottom line though, is that they hurt, cause varying degrees of disability, and usually require professional treatment.

TREATMENT

KEEP READING

The treatment of shin splints begins with Rest, Ice, Compression, and Elevation (RICE). All of these should help to decrease the involved inflammation and pain. Further treatment includes non steroidal anti inflammatories, such as Ibuprofen and other prescription medications. A modification in one’s training routine or the type of shoes worn will also usually help. A device inserted into the shoe called an orthotic, may eventually be needed to control the patient’s mechanics and improve his or her weight bearing activities.

IMPORTANT NEWS!

SHIN SPLINTS

What Causes Shin Splints?

Shin splints can occur when one participates in exercise that places a repetitive stress on the lower extremities. Running, impact aerobics, and the various racquet sports can all lead to the development of shin splints. Stress is placed on the tendons in the leg and causes an abnormal torque or tension. This abnormal force is due to the stress placed on the tendon to prevent it from tearing. The muscle starts to pull away from the bone and also causes the lining on the bone to be pulled away. This causes an inflammation of the bone, which causes pain.

Leading Causes of Shin Splints:

- Running on hard surfaces, like concrete.
- Running on uneven ground.
- Beginning an exercise program after a long
- Increasing exercise intensity or duration too
- Running in worn out or ill fitting shoes.

*IF YOU ARE
WORRIED ABOUT*

How to Prevent Shin Splints

Check the condition of your shoes. If they look worn out, or don't give you the support they once did, get a new pair.

Strengthen muscles in that area of your leg. You can do this by walking around on your tip toes once in a while and walking around on your heels.

Stretch before and after strenuous activity.

Warm up and cool down before and after a hard workout. This will also help you feel less sore the next day.

A note to diabetics regarding non-diabetic shoes:

Diabetics cannot afford to wear an improperly fitting shoe. Improperly fitting shoes will cause pressure and rubbing on the skin, which will eventually lead to blisters and wounds. This obviously applies to tight shoes, but did you know that shoes sized too big can also cause problems? When a shoe is too big, the foot will slide backwards and forwards like a piston within the shoe itself, causing friction blisters to form and jamming of the toes at the end of the shoe, which can also lead to wounds. Wounds can lead to infections and eventually amputations. If a diabetic does not require a special diabetic shoe, it is imperative that one get properly measured at the shoe store every time shoes are bought to ensure the best fit. Although sizes are supposed to be universal, different manufacturers create slightly different shoe size variations, and a 10 medium in one brand may be a 10 wide or even a 10 1/2 in another brand.

Fitting is best done in the late afternoon, when foot/leg swelling (edema) is at its greatest. There is no sense in fitting for a shoe if one has edema when the edema is down, as the shoe won't fit when the edema returns. Yes, the shoe may be bigger during the early part of the day, and this can allow for movement of the foot in the shoe. However, if a shoe cannot be worn at all in the afternoon or evening, it is of no use. Those with edema unfortunately will always have shoe fit issues no matter what. It is preferable to err on the side of bigger, as tighter shoes will cause the worst problems.

Additionally, if one has a foot that is bigger than the other, the bigger shoe size determines which size to get, as one does not want to wear a smaller size shoe. Most people with different sized feet have only a half size difference. If the size is more than that, say 1-2 sizes different or more, then one must consider buying different sized shoes for each foot. This can get expensive if specially ordered, or if two different sized pairs of shoes are purchased to make this possible, but is necessary in the long run for foot protection.

Product of the Month

Product of the Month DIABETIC SHOES

CHANGE YOUR LIFE!

It is obvious then that diabetics must not walk bare foot. Diabetic shoes provide the solution. Shoes, like clothes must be comfortable. Extra depth and width in shoes and adequate cushioning are vital. Diabetic Shoes must allow the feet to breathe and must be able to take the pressure off. Diabetics must always have more than one pair of shoes. These must constantly be checked to ensure that there are no foreign objects or torn linings; if the shoes are new, they should be broken in slowly. As far as possible, sandals or open toed shoes must be avoided

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 January birthday. We have a large patient population with birthdays in January, 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

Scott R Kilberg, DPM

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

Lindsey B., Med. Assist.