

Now's the Time to Get Those Feet Ready for Spring!

Spring is on its way...and for most of us it can't come too soon! When it does arrive you'll want to be ready to enjoy all that it has to offer...without your feet slowing you down.

- If you've been putting off foot surgery, winter is a good time to get it done. You'll be recovered and your feet will be in fine shape to move you into the springtime activities you love!
- In most cases, bunions and hammertoes are corrected with outpatient surgery, and you're back home with a bandaged foot and postoperative shoe the same day. By the time you're ready to embark upon a spring fitness routine or to get back onto the golf

course, your feet will be ready to take you there.

- Outdoor winter sports can be hard on the feet, too. Snowboarders, in particular, are prone to experiencing foot or ankle injuries due to the flexible boots used in that sport. One injury common to snowboarders is the midfoot sprain, which can persist for months if not properly diagnosed and treated.
- If you've been participating in court sports this winter and are experiencing foot pain, make an appointment to come in to our office to have it checked out. Indoor sports can be hard on the feet, sometimes resulting in stress fractures, Achilles tendon problems, plantar fascia injuries, or ankle sprains. If pain persists

more than a few days it needs to be treated.

- Another injury we commonly see during the winter months is ankle sprain. Very often, those who sprain their ankle don't get the proper treatment, leading to an improperly healed ankle. This can result in long-term ankle instability and increases the risk for joint damage and eventual arthritis. If you've sprained your ankle this winter it's best to get it checked out before you become more active in the spring. Putting stress on an incompletely healed sprained ankle can lead to another even more serious sprain and chronic ankle weakness.

This information was developed by the American College of Foot and Ankle Surgeons Uvvuvu.acfas.org
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