

FOOTPRINTS

AN INFORMATIONAL NEWSLETTER FOR PATIENTS OF APMA MEMBER PODIATRISTS

FEBRUARY 2015

WINTER EDITION

SHOW YOUR FEET SOME LOVE THIS VALENTINE'S DAY

VALENTINE'S DAY IS A GREAT EXCUSE TO GET DRESSED UP AND GO OUT FOR A NICE DINNER OR DRINKS WITH THOSE YOU CARE ABOUT. WHETHER CELEBRATING THE HOLIDAY WITH A SIGNIFICANT OTHER OR A GROUP OF GIRLFRIENDS, MANY WOMEN MAY OPT TO WEAR HIGH HEELS ON THE 14TH.

According to a 2014 Today's Podiatrist survey by the American Podiatric Medical Association (APMA), nearly half of all women (49 percent) wear high heels, even though the majority of heel wearers (71 percent) complain these shoes hurt their feet. It's no wonder that so many women experience pain from these shoes—blisters and arch and heel pain are common culprits associated with high heel wear. Heels can also cause your Achilles tendon to shrink, putting you at greater risk of an injury when doing any activities while wearing flats, including exercise. Luckily, APMA has some solutions to common problems associated with wearing high heels.

- ⦿ **PROBLEM:** Burning sensation on the balls and toes of the feet
- ⦿ **SOLUTION:** Alleviate the burning sensation by adding a cushion insert, like the Insolia® High Heel Insert. This product is specifically designed to reduce pressure on the balls of your feet. It also helps improve body alignment, balance, and ankle stability.

- ⦿ **PROBLEM:** Minimal arch support, which can cause foot fatigue
- ⦿ **SOLUTION:** Promote arch support by adding a shoe insert especially designed for high heels. Try Foot Petals Amazing Arches Cushions. These inserts promote arch support and help distribute weight evenly.
- ⦿ **PROBLEM:** Painful blisters and abrasions on the outsides and heels of the feet
- ⦿ **SOLUTION:** Prevent the cause of blisters and abrasions by inserting a foot adhesive in those trouble spots. Adding an adhesive helps minimize the damage caused by friction. Try the PU-Gel Self Adhesive Heel Grip if your heels are the trouble area.

Find these products and many more with the APMA Seal of Acceptance or Seal of Approval at www.apma.org/seal.



HEAD OVER HEELS

APMA REMINDS ALL HIGH HEEL WEARERS TO TREAT HIGH HEELS LIKE DESSERT—WEAR THESE SHOES SPARINGLY! IF AND WHEN YOU DO CHOOSE TO WEAR HIGH HEELS, KEEP THESE PODIATRIST-APPROVED TIPS IN MIND:

- 1 Wear shoes with a heel height of two inches or less
- 2 Look for a shoe with a generous toe box area
- 3 Try to find a shoe with a slight heel or wedge to encourage your arch to lift
- 4 Inspect for cushioning at the front

A MATCH MADE IN HEAVEN

LOOKING FOR A WAY TO PAMPER YOUR SIGNIFICANT OTHER? TRY GIVING A FOOT MASSAGE!

Foot rubs not only feel good, but they're also a great way to release tension, boost circulation, and refresh skin after a long day on your feet. Take a few minutes to massage feet at the end of the day. Use an emollient-enriched lotion and take care of moisturizing at the same time! Be careful not to leave any excess lotion in between toes, as it can promote the development of athlete's foot or a fungal infection.

DR.'S REMEDY® ENRICHED NAIL POLISH

WEARING OPEN-TOED SHOES TO YOUR SPECIAL NIGHT OUT? TRY USING DR.'S REMEDY® ENRICHED NAIL POLISH TO GIVE YOUR TOENAILS AN EXTRA POP OF COLOR. THIS NAIL POLISH IS SPECIALLY FORMULATED WITH NON-TOXIC, NOURISHING INGREDIENTS TO HELP STRENGTHEN YOUR NAILS. IT ALSO COMES IN A VARIETY OF FASHIONABLE COLORS!



DOCTORS OF PODIATRIC MEDICINE ARE PODIATRIC PHYSICIANS AND SURGEONS, ALSO KNOWN AS PODIATRISTS, QUALIFIED BY THEIR EDUCATION, TRAINING, AND EXPERIENCE TO DIAGNOSE AND TREAT CONDITIONS AFFECTING THE FOOT, ANKLE, AND RELATED STRUCTURES OF THE LEG.