



# PASCO-HERNANDO FOOT & ANKLE

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Board Certified Ambulatory Foot Surgery  
Board Certified Ambulatory Lower Extremity Surgery  
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Newsletter

Winter 2016



## Offices/Hours See Below

### Pain Under the Ball of the Foot



There are a few bones in the body that are not connected to other bones but are embedded in muscle or connected to tendons. These are called sesamoids, and the largest one is the kneecap or patella. Two very small ones – about the size of a pea – are under the foot near the big toe. These sesamoids help with weight-bearing and help the tendons transfer muscle force over their smooth surfaces.

Sometimes the tendons around the sesamoids become inflamed or irritated, causing sesamoiditis. This overuse injury is often seen in runners, baseball catchers and ballet dancers. Individuals with high arches and those who wear high heels may also suffer from this condition. Pain in the ball of the foot develops gradually and the big toe may be hard to bend and straighten. The sesamoid bones can also fracture causing immediate pain.

#### Sesamoiditis Treatment

Please contact us if you or your child experiences any pain in the ball of the foot. To diagnose sesamoiditis, we will carefully examine both feet and take x-rays.

We will first recommend non-invasive treatments to resolve sesamoid inflammation including:

- Take a break from any activity that causes pain.
- Apply ice wrapped in a thin towel to the sole of your foot.
- Wear soft-soled shoes with low heels like sneakers or moccasins.
- Take oral medication like ibuprofen to relieve pain and inflammation.
- Add a felt cushioning pad to your shoe to ease stress.
- Gradually resume activity but keep support under the sesamoids with a foam rubber pad. Don't go back to activities that put weight on the ball of the foot.

If the pain continues we may recommend other treatments to resolve the pain. Come see us if you have pain under the ball of your foot. We can help!

### Take Care of Your Feet All Winter Long



In cooler parts of the U.S. it's time to put away sandals and open-toed shoes and instead snuggle into sturdier shoes, boots and warm socks. But just because your feet are out of sight, don't neglect them during the fall and winter.

Your feet have a blood supply that is actually affected by climate. Feet feel cold because the blood supply to the skin's top layer has been reduced to preserve heat. A diminished blood supply can cause drying even if not directly exposed to wind and weather.

#### Foot Care Tips for Winter Weather

- Clean feet every day and use a soft toothbrush to remove debris from around and under your toenails.
- Warm cold feet and moisturize at the same time by applying an emollient-rich cream or lotion daily. Work in circular patterns from the heel to the toes.
- If the skin on your feet is excessively dry, try rubbing with olive oil and sea salt to replenish moisture and remove layers of dead skin.
- Go polish-free for a few weeks to give your toenails a break and eliminate bacteria and fungus.
- Restore and promote healthy growth to damaged nails with nail oil with anti-fungal properties.
- To relieve sweaty, itchy feet, soak in a warm water bath with some white vinegar for 10 minutes.
- Keep feet warm and dry during winter activities by wearing moisture-wicking socks.

Investing in your feet this winter will pay off big when you dig those sandals out of the closet in the spring.

### Top U.S. Winter Vacation Getaways for Both Cold and Warm Weather Fans



You love the exhilaration of a fast ski run with the snow flying in your face but your significant other prefers snorkeling in the sun. Luckily, the U.S. has plenty of winter vacation spots to satisfy all wishes. Here are a few choices chosen at random from [budgettravel.com](http://budgettravel.com):

**Key West, Florida.** Our most southern city in the continental U.S. is a beach lover's paradise. Go fishing, scuba diving, snorkeling or sailing while you soak up a bit of Caribbean culture.

**Keystone, Colorado.** This family-friendly destination has free skiing for kids. Enjoy a leisurely horse-drawn sleigh ride or a breathtaking SnowCat tour. There are special activities for children and seniors too.

**Las Vegas, Nevada.** Visit the "Entertainment Capital of the World" for non-stop action. Take in a show or try your luck at the casinos. There's plenty to do for the kids, too, including hiking in the surrounding area and taking in the desert beauty.

**Stratton, Vermont.** Expand your winter sports expertise with cross-country skiing, snowshoeing, tubing and even dog-sledding. Explore the nearby village for great shopping and fine dining.

**Big Bend National Park, Texas.** Get away from it all at this mountainous park with rugged cliffs and deep canyons. Visit in winter for low prices and scarce crowds. Rough it by camping in the park or stay at luxurious nearby lodges.

**Catalina Island, California.** Sail "26 Miles Across the Sea" to visit this beautiful island just a short ferry ride from Los Angeles. Opt for romantic beaches, a glass-bottom boat tour or brave a zipline.



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THANK YOU from all of us for your support and friendship.

### Recipe of the Month

#### Cranberry Wild Rice



I love cranberries at this time of year. Here's a great recipe that uses cranberries and pine nuts with wild rice.

#### Ingredients:

- 4 cups water
- ¾ cup uncooked wild rice
- 1 small red onion, chopped
- ½ cup chopped dried cranberries
- 1 teaspoon dried thyme
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 2 tablespoons pine nuts, toasted

#### Directions:

1. In a large saucepan, bring water and rice to a boil. Reduce heat, simmer, uncovered, for 50-60 minutes or until rice is tender.
2. In a large skillet, saute the onion, cranberries and thyme in oil until onion is tender. Add garlic; cook 1 minute longer. Drain rice if needed; stir in onion mixture and pine nuts. Yield: 4 servings.

Recipe courtesy of [TasteOfHome.com](http://TasteOfHome.com)

### History FootNote

Leonardo da Vinci referred to the foot as "a masterpiece of engineering and a work of art" based on his studies of anatomy and many dissections.

### Celebrity Foot Focus



Shoe designers like Paul Andrew and Roger Vivier are responding to the call for more comfortable fashion by offering the same chic styles in a variety of heel heights.

### Meet our Doctor



Dr. Lawrence J. Kales

### Our Offices and Hours

**Bayonet Point Location**  
7117 State Road 52  
Hudson, Florida 34667  
Phone: 727 868-2128

**Spring Hill Location**  
5327 Spring Hill Drive  
Spring Hill, Florida 34606  
Phone: 352 683-5799

Monday:	8:00am - 5:00pm
Tuesday:	8:00am - 5:00pm
Wednesday:	8:00am - 5:00pm
Thursday:	8:00am - 5:00pm
Friday:	8:00am - 5:00pm