



# PASCO-HERNANDO FOOT & ANKLE

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Board Certified Ambulatory Foot Surgery  
Board Certified Ambulatory Lower Extremity Surgery  
Board Certified Medical Specialties in Podiatry Surgery

Bayonet Point Location  
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Newsletter

Winter 2017



## Office/Hours [See Below](#)

### All About Toes



Our toes are engineering marvels of bone, tendons and muscles and they really take a beating! They are constantly exposed to injury with walking, running or just moving around. And the pressures inside our shoes can cramp the toes and lead to stress-related problems.

If you have toe discomfort, there are many different causes that we will look for. First we'll ask you what type of pain you have - is it a burning feeling or numbness? Sharp or dull? Does it get worse when you're walking or standing?

Here are a few common causes of toe pain:

- Ingrown toenails where the nail cuts into the adjacent skin and often becomes infected.
- Bunions can form when the big toe is pushed up against the others. Bunions can be hereditary or can result from wearing tight, narrow shoes.
- Corns and calluses develop from excess friction and pressure on the skin.
- Arthritis, whether caused by wear and tear or rheumatoid arthritis, causes tenderness, stiffness and difficulty walking. Gout, a painful buildup of uric acid crystals in the joints, is a form of arthritis.
- Hammertoes and claw toes are abnormal bends in the toe joints caused by muscle imbalance. Poorly fitting shoes is often the cause for these painful deformities.
- Morton's neuroma is a nerve problem that causes pain between the toes caused by trauma or excessive pressure from tight shoes.
- Capsulitis causes pain and swelling in the toes or ball of the foot caused by inflammation of the ligaments.

Please come see us if you have persistent toe pain as these conditions will not go away by themselves.

## Avoid Injuries by Choosing Winter Sports Footwear Carefully



'Tis the season for winter sports enthusiasts and time to check boots and laces and tune in to snow reports. No matter where you live, you're only a drive or plane ride away from perfect downhill or cross country skiing, sledding and outdoor skating.

Enjoying winter sports safely depends on good preparation. If you're not ready physically or if your footwear doesn't fit well, outdoor fun can turn into days or weeks recovering from an injury.

### Select Quality Footwear for Each Sport

- Runners should look for waterproof - not water resistant - shoes with an inner liner for warmth. Since days are shorter, opt for reflective material or even glow-in-the-dark shoes. A non-slip rubber outsole can grip slippery surfaces better.
- Skates and ski boots should be in good condition and fit snugly but not too tight. There should be plenty of toe wiggle room, good cushioning and ample ankle support.
- Lace skates snugly but not too tightly and check tightness frequently. A skate lace hook can really help keep the laces secure all the way down.
- Hockey players can benefit from skate fenders for extra impact protection.
- Skaters should consider applying a solid stick friction block on feet to reduce the chance of blisters.

### Prepare Carefully for Winter Outdoor Activities

- Don't go it alone - invite a friend for company and support.
- Dress in layers and wear protective headgear and goggles.
- Wear acrylic or acrylic blend socks that wick moisture away from your skin.
- Take it easy - warm up slowly and then do a few gentle stretches. Cooling down and stretching after your workout can help prevent injuries.
- Watch carefully for frostbite. Go indoors to dry and warm up slowly if your toes or feet become wet or cold or feel numb.

### Treating Winter Foot Problems

Even with the most careful preparations, problems can occur. You can self-treat many minor injuries.

If you suspect frostbite, warm the foot carefully in warm water - not hot. Don't rub the skin and get help right away if blisters appear or the skin appears frozen.

Cover blisters with a loose bandage. Don't pop the blister - let it heal on its own.

The R.I.C.E. method can ease a mild sprain or strain. **Rest**, **Ice** the area, apply **Compression** and **Elevate** the leg.

Please call us immediately for an injury that appears to be more serious.



## Recipe of the Month Beet & Shrimp Winter Salad



This healthy dinner salad recipe gets its staying power from protein-packed shrimp and fiber-rich barley.

### Ingredients

- 2 cups lightly packed arugula
- 1 cup lightly packed watercress
- 1 cup cooked beet wedges
- 1/2 cup zucchini ribbons
- 1/2 cup thinly sliced fennel
- 1/2 cup cooked barley
- 4 ounces cooked, peeled shrimp (see Tip), tails left on if desired

### Preparation

1. Arrange arugula, watercress, beets, zucchini, fennel, barley and shrimp on a large dinner plate.
2. Whisk oil, vinegar, mustard, shallot, pepper and salt in a small bowl, then drizzle over the salad. Garnish with fennel fronds, if desired.

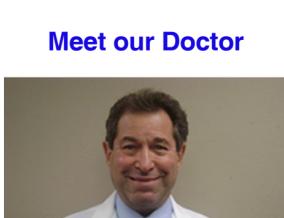
To make zucchini ribbons, thinly shave whole zucchini lengthwise with a vegetable peeler.

Go for sustainably raised shrimp. Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America; it's more likely to be sustainably caught.

Give grains a cooldown: To cool grains down quickly, spread them out on a foil-lined baking sheet. The surface area helps speed cooling, while the foil prevents any residual flavors on the pan from seeping in.

*Recipe courtesy of EatingWell.com*

## 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