

Podiatry In Motion

Bay Area Foot Care

November 2015 | Issue Number 35



Careful when
doing strenuous
physical activities

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Sesamoiditis? Prevention and Home Treatment

Sesamoiditis is a common condition that affects the forefoot, typically seen in younger people who are engaged in athletics and physical activities. The most common symptom is pain located in the ball-of-the-foot, especially on the inner or medial side.

Sesamoiditis is a general description for any irritation of the tiny bones housed within the tendons that extend to the big toe, called sesamoid bones. Sesamoids function as a pulley as they increase the leverage of the tendons that control the toe and are used each time you push off against your toe. Over time, these tiny bones eventually can become irritated or even fractured.

Cause and Characteristics

Increased levels of activity are one of the primary causes of

sesamoiditis. Speeding up your activity level forces increased pressure to the balls of your feet.

Foot conditions that can potentiate sesamoiditis include boney feet, as there is not enough fat to offer protection to the sesamoids, and high foot arches as they cause you to naturally run on the balls-of-your-feet, creating additional pressure.

Prevention and Treatment At Home

In the large majority of cases, noninvasive treatment interventions are effective for relieving this condition. Due to the nature of the symptoms associated with sesamoiditis, it is often diagnosed at home followed by the initiation of one or more of the following interventions:

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Your feet matter!

Sesamoiditis? Prevention and Home Treatment

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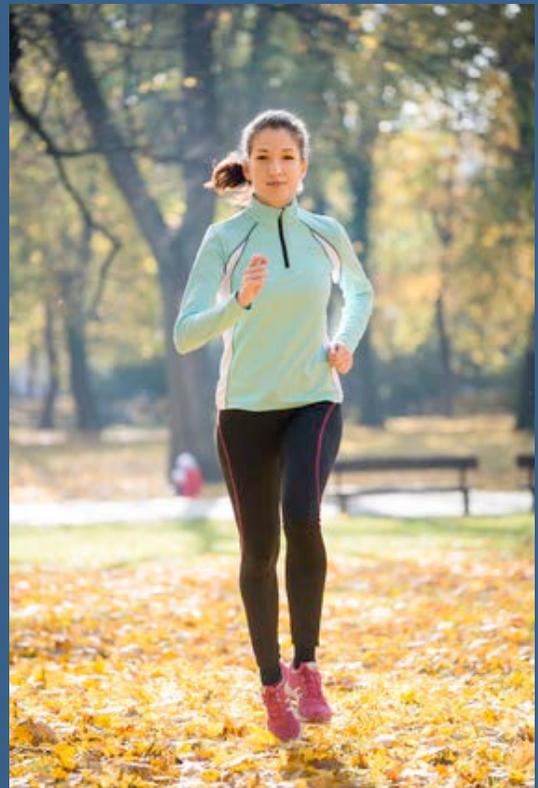


A little rest will do much good for your feet!

- Strict periods of rest are necessary for healing.
- Utilize a shoe pad or modified shoe to decrease pressure to the affected area.
- Immobilization of the big toe can be done with tape or athletic strapping, allowing the joint time for healing.
- If symptoms are minor and physical activity is continued, application of ice to the aggravated area for 10 to 15 minutes is suggested upon completion of activity.
- Over the counter anti-inflammatories, such as ibuprofen, can help relieve discomfort and reduce swelling for optimal healing.

- Properly fitted footwear is necessary to allow room for movement, allowing the bones to properly line up, and a wide toe box can prevent the cramping of toes.
- For those that jog or run daily, sneakers should be replaced at least every 6 months to ensure feet are given an adequate level of shock absorption.
- Over-pronation is a condition characterized by excessive rolling of the feet, placing increased strain on the sesamoid bones; therefore, a common cause of sesamoiditis, especially among runners or joggers.

If you are prone to over-pronation, pronation control shoes and orthotic insoles are recommended as they can ensure your feet are moving through a more natural, healthier roll. ♦



Replace your shoes often if you run regularly

Footwear

Finding the right shoes for the right occasion can be a difficult process, especially if you are travelling, or in unfamiliar territory with only a limited selection of footwear options. Having to make the right choice beforehand can be important in finding the right fit for your foot, so pay close attention to the following 3 aspects on how to choose the right footwear for the right occasion.

Beach

Flip flops can be a blessing in disguise at the beach, giving you the perfect footwear to wade into the waves to dip your toes. This can be as refreshing as heaven itself if you are feeling right, and obviously your footwear will be important in setting the mood.

However, if you plan on going to the beach late, or on longer walks, forays, or treks, then consider an alligator shoe, deck shoe, or neoprene model which can cover your toes and provide protection against sharp barnacles, rocks, coral, sharp driftwood areas, swamps, and other bogs that can be found along coastal areas and coastal rivers.

Mountain Climbing

When climbing a mountain, you are putting a lot of incline and decline pressure on your muscles, ankles, and other areas of your legs that are not used to this sort of strain.



Mountain climbing involves serious strain, so get a good pair of hiking boots

If you keep it up, you could get punished by blowing an ankle or even falling off a cliff, so be sure to choose a good hiking boot.

The Happy Medium

Finding the happy medium between comfort, safety, fashion, and lifestyle can be an ongoing challenge. Just ask all the people who love to shoe-shop, try on new shoes, and find the perfect boot.

You will find that your style and preferences will change with the seasons, as well as the activities you enjoy, so just remember to think about your feet next time you plan that big trip! ♦

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Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact **Bay Area Foot Care** (see details left).

Thanks for your support!

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