



www.weil4feet.com

847-390-7666

Winter 2009

New Highland Park Location

Weil Foot & Ankle Institute has moved our Highland Park office to a new location in downtown Highland Park. Our new address is 1729 Green Bay Road, on the east side of the road just south of Central Ave. This location is open 6 days a week to better serve our patients and is equipped with state of the art diagnostic equipment including a MRI.

Dr. Joel F. Spatt

The Weil Foot & Ankle Institute is pleased to announce that Joel F. Spatt, DPM, has joined our practice. Dr. Spatt has been in private practice since

Bunions and Springtime



Before you put on your sandals this spring, take a good look at your feet. Do you have a bunion that has been causing you some discomfort?

A bunion is an enlargement of the joint at the base of the big toe - the metatarsophalangeal (MTP) joint - that forms when the bone or tissue at the big toe joint moves out of place. This forces the toe to bend toward the others, often causing a painful lump of bone on the foot. Since this joint carries much of the body's weight while walking, bunions can cause extreme pain if left untreated. The MTP joint itself may become stiff and sore, making wearing shoes sometimes difficult or impossible.

Bunions are a symptom of faulty foot development

1979 and has an extensive background in reconstructive surgery. He currently serves as an adjunct associate professor for the Dr. William M. Scholl College of Podiatric Medicine and as an adjunct assistant professor for the Department of Surgery of the Chicago Medical School.

Dr. Spatt has a caring, conservative approach to practicing medicine. Dr. Spatt practices at our Libertyville office. Physical therapy and digital radiography are offered on-site, and our nearby Highland Park facility features magnetic resonance imaging (MRI).

For more information on Dr. Spatt visit us online at www.weil4feet.com or call (847) 390-7666 to schedule an appointment.

New CAO

Wally Stamper, CPME, has been appointed Chief Administrative Officer of Weil Foot & Ankle Institute. Wally joins us with over 20 years

and are usually caused by the way we walk, our inherited foot type, our shoes, or other reasons. Although bunions tend to run in families, it is the foot type that is passed down—not the bunion. Other causes of bunions are foot injuries, neuromuscular disorders or congenital deformities. People who suffer from flat feet or low arches are also prone to developing these problems, as are patients with arthritis and those with inflammatory joint disease.

Treatment options vary with the type and severity of each bunion, although identifying the deformity early in its development is important in avoiding surgery. Podiatric medical attention should be sought at the first sign of pain or discomfort because, left untreated, bunions tend to get larger and more painful, making nonsurgical treatment less of an option. The primary goal of most early treatment options is to relieve pressure on the bunion and halt the progression of the joint deformity. A podiatric physician may recommend any one or more of the following treatments: padding and taping to minimize pain, medication to ease the pain and inflammation, physical therapy (such as ultrasound), and orthotics (shoe inserts) to control foot function and reduce symptoms.

When conservative treatments fail or the bunion progresses past the threshold for such options, podiatric surgery may become necessary to relieve the pressure and to repair the toe joint. Several

experience in managing
medical practices.

surgical procedures are available to correct your bunion. The surgery will remove the bony enlargement, restore a more appropriate alignment of the toe joint, and relieve your pain.

A simple bunionectomy, in which only the bony prominence is removed, may be used for less severe bunions. Severe bunions may require a more involved procedure, which one of our doctors will discuss with you during your visit.

Running Injuries



Spring is a great time to get back into your running routine or to ramp up your training and exercise for the coming summer months.

But it's always important to take it slowly and to train carefully with the advice of an expert to avoid running injuries.

Before you get started, no matter how fit you may be, it's important to remember that stretching before and after a run is a great way to minimize injuries. Choosing proper footwear is very important and the doctors of the Weil Foot & Ankle Institute

(WFAI) can help you choose the right shoe for your level of activity. Finally, you will want to work with the doctor to develop an effective training routine that allows your body (and more importantly, your feet) to adapt to a new level of exercise. But no matter how careful you are, you may end up with some common injuries such as those listed below.

Shin splints:

Shin splints are painful and appear at the front and inside of the leg, are often caused by running on hard surfaces, overstriding, muscle imbalance, or overuse. Shin splints can also be related to the shape and structure of your feet. Treatment includes rest, stretching, changing your running technique, and rebalancing foot mechanics with the use of an orthotic device in the shoe. Physical therapy can also be helpful. If you begin to feel this type of pain, slow down, take shorter strides, and see one of the podiatrists at WFAI at your first opportunity.

Stress fractures:

A stress fracture is a tiny or incomplete crack in a bone that is often caused by overuse. Stress fractures occur most frequently in the foot and ankle. The physicians at WFAI are well trained to diagnose and treat this problem. Signs of a stress fracture are pain that increases with activity and decreases with rest, pain that increases over time or pain that persists even at rest. Often a stress fracture will result in swelling and a spot that feels tender to the touch.

Prompt diagnosis and treatment of a stress fracture can often prevent further injury. We can determine your best treatment with x-ray and a physical

examination. Many stress fractures can be treated with rest, ice and over-the-counter pain relievers. For most people, an appropriate period of rest will be sufficient for the bone to heal, but like all fractures, the bone can take up to 8 to 10 weeks to heal completely. In other cases, you may need to immobilize the affected bone with a cast, cast boot, fracture shoe, or a splint. Surgical intervention is rare, but may be suggested if other, more conservative treatments are not effective.

Blisters and nail problems:

Runners often have blisters and nail problems. With a little maintenance and care, they can be avoided or minimized so that they don't limit your ability to keep up your training routine.

Blisters are caused by skin friction. Don't pop them. Apply moleskin or an adhesive bandage over the blister, and leave it on until it falls off naturally in the bath or shower. Keep your feet dry and always wear socks as a cushion between your feet and shoes. If a blister breaks on its own, wash the area, apply an antiseptic, and cover it with a sterile bandage.

Ingrown nails are nails whose corners or sides dig painfully into the skin, often causing infection. They are frequently caused by improper nail trimming but also by shoe pressure, injury, or poor foot structure. Runners are particularly susceptible to nail problems, and long-distance runners often lose some of their toenails entirely while they are training. If an ingrown portion of the nail is painful or infected, the doctors of WFAI can remove the affected portion to allow for proper healing. It is

possible to permanently remove the offending portion of the nail to prevent a recurrence of the symptoms.

Watch Out at Your Nail Salon



While having a pedicure at the local nail salon may seem like a luxury that you deserve, it's a good idea to keep your eyes and ears open and to make sure that you keep your feet safe by following a few easy tips.

If you schedule your pedicure first thing in the morning, you may find that the foot bath is the cleanest it will be all day. If you can't be the first customer, however, make sure that the technician cleans both the tub and the filter before your pedicure.

If at all possible, bring your own pedicure tools to the salon. Bacteria and fungus can easily be transferred from person to person on these tools, especially if the salon does not use proper sterilization techniques. Never allow technicians to use blades or knives to cut your calluses or to eliminate thick, dead skin. Only use pumice stones, foot files, or exfoliating scrub. Once you soak your feet for a few minutes, this thickened skin can be

easily removed with these types of tools.

The pedicurist should trim your nails straight across. Do not let them dig into the sides of the nails or try to trim out ingrown nails. If you think you may have an ingrown toenail, see one of our doctors immediately.

Only healthy nails should be painted with colored polish. Make sure to change the polish frequently and to check your nails when the polish is removed. Signs of fungus and other nail problems can often be hidden under the nail polish, so be vigilant in checking your nails.

If your skin bleeds or gets nicked at the salon, make sure to carefully clean and disinfect that area and then watch for signs of infection. Check with the doctors of WFAI immediately if you have any signs of redness or skin irritation after your salon visit.

Visit us on the web at

www.weil4feet.com

You are receiving this email because you have been a patient of Weil Foot & Ankle Institute.

[Unsubscribe](mailto:all@weil4feet.com) all@weil4feet.com from this list.

Our mailing address is:
Weil Foot & Ankle Institute 1455 Golf Rd Des Plaines, IL 60016

Our telephone:
847-390-7666

Copyright (C) 2007 Weil Foot & Ankle Institute All rights reserved.

[Forward](#) this email to a friend