



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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www.mytampafoot.com

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Watch Your Child for Signs of Any Foot Problems

Compared to adults, children don't often experience foot pain because the tissue in their feet is more flexible and resilient. The feet are the body's foundation and also must last a lifetime, so watch baby's feet for any potential foot problems and take action as soon as they are detected.

Sever's Disease

This condition is not really a disease but a problem during a growth spurt when the heel bone grows too fast, causing the tendons and muscles to be over-stretched. In addition to heel pain, other symptoms of Sever's disease include difficulty walking, limping and pain when the back of the heel is squeezed.

If your child has heel pain, please come see us. We can help reduce stress on the heel bone:

- Stop all sports until pain-free.
- Apply ice several times a day.
- With a doctor's permission, take anti-inflammatory medications.
- Add inserts to shoes to cushion the heel area.
- Gradually introduce gentle stretching exercises or physical therapy.
- Apply a cast if necessary to rest the heel.

Clubfoot

Clubfoot is a foot deformity that is present at birth. In the most common type, the foot points down and twists inward at the ankle. Often the foot is smaller and the child may have stiff foot joints.

This foot deformity must be treated - it will not correct itself. A child with a more flexible type of clubfoot requires a cast that is replaced every few weeks as the foot moves toward a correct position. For more severe and rigid cases, surgery may be required, usually when the child is between 4 and 8 months old.continued on page 2



Request an Appointment

Our Offices

Zephyrhills Office
6326 Fort King Rd
Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Monday-Friday:
09:00 AM - 05:00 PM

Sun City Center Office
936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Mondays:
08:00 AM - 04:00 PM
Thursdays:
08:00 AM - 03:00 PM

Wesley Chapel Office
Florida Hospital Wellness
Plaza 2700 Healing Way,
Suite 308 Wesley Chapel
Florida 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Tuesdays:
09:00 AM - 04:00 PM

**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Wednesday:
09:00 AM - 04:00 PM

...continued from page 1 **Watch Your Child for Signs of...**

Flat Feet

Flexible flat foot, also called a pronated foot, is usually painless in small children. You'll notice it if, when your child stands, the arch disappears. There is cause for concern if the child experiences pain or if the foot also pronates or rolls inward at the ankle.

Many children grow out of this condition but not all. We can prescribe custom-fitted orthotics to relieve pain and fatigue. Heel stretching exercises can help reduce discomfort.

Toe Walking

Many babies just learning to walk will toddle about on tip toe and that is completely normal as most children grow out of it. However, if your child continues walking on the toes, it could be a sign of another problem.

Toe walking can be caused by leg length differences, Achilles tendon shortness, spinal cord abnormalities or certain neuromuscular conditions. It's important to be seen by a foot doctor for the right diagnosis and treatment plan as persistent or severe cases may require casting or surgery. Please call our office if you have any questions on your child's toe walking.

Treating Painful Cracked Heels

If you have cracked heels, you know that they are not only unsightly but can also be very painful when standing. If the cracks deepen further, they often bleed and in severe cases can become infected.

Individuals with naturally dry skin often develop heel cracks because of mechanical factors - for example, the way you walk may place increased pressure on your heels. If you stand a lot especially on hard surfaces, wear open-back shoes, have a skin condition such as eczema or psoriasis, take certain medication or are overweight you may be prone to heel cracks.



Treating Cracked Heels

Try massaging the areas with an oil-based moisturizing cream twice a day. After bathing, gently rub with a pumice stone. Never use scissors or a razor blade to thin the rough skin because of the risk of infection.

If home remedies don't work, come visit our office where we will examine your feet to determine the cause of the problem. We can medically remove excess dead skin and discuss other methods of binding the area to allow the cracks to heal.

Sometimes healing your heels requires a professional touch - call our office today!

Science Weighs In on High Heels

By Gretchen Reynolds

Many commentators have pointed out that the new movie "Jurassic World" is scientifically suspect, if not fantastical. But they have overlooked one of the more prominent ways in which the blockbuster diverges from established research. The movie's heroine runs from rampaging beasts in high heels, without turning a hair or an ankle. But research on the biomechanics of wearing heels, including a new study of the effects on ankle strength and balance, says of her equipoise: "Ha."

Read More... <http://well.blogs.nytimes.com/2015/06/17/science-weighs-in-on-high-heels/?emc=eta1&r=1>

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History FootNote

Early Egyptian paintings show primitive treatment of club foot involving casting the foot after manipulation with a wrench.

Celebrity Foot Focus

Kristi Yamaguchi - figure skating Olympic gold medalist, Steven George Gerrard - world soccer superstar, Mia Hamm - Olympic gold medalist in soccer and Charles Woodson - NFL football star and Heisman trophy winner were all born with one or more club feet.

Word Search

P L O M G P I W R M S V I S N
 I A R Q A S U C K E A R J Y D
 W Z T B S E E M L S N U E X C
 S H H K D T D V I U G Z W M R
 T F O M Z X R E E C B H F B A
 R J T D K D J E F R E F T Q C
 E X I A I F S M T O S X O H K
 A S C T H A M O X C R L K O S
 T U S E E P G Z P X H M J S T
 M R W N E S M N I P X I I B X
 E G W D L U G D O M V D N T Y
 N E P O C E U Q G S K B S G Y
 T R W N N H K D N T I B P P R
 V Y P R O N A T I O N S D D Y
 M O I S T U R I Z E R H I U P

moisturizer

orthotics

pumice

tendon

deformity

clubfoot

surgery

stretching

diagnosis

treatment

heel

pronation

severs

cracks



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Build your own custom worksheet at education.com/worksheet-generator

See Answer at:

<http://www.ami-solutions.net/family/nl/2016/mar/wordsearchanswerkey.pdf>

TOTAL FOOT AND ANKLE OF TAMPA BAY IS PROUD TO ANNOUNCE OUR APOLLO BEACH/ RIVERVIEW OFFICE!

Tell your friends about our additional location in Apollo Beach/ Riverview!

WE ARE ON THE GROUNDS OF ST. JOSEPH'S HOSPITAL SOUTH!



St. Joseph's Hospital South

Baycare Outpatient Center
 10141 Big Bend Rd.
 Riverview, FL. 33578
 813-633-5900

**WE ARE ACCEPTING NEW PATIENTS SO CALL
TODAY FOR AN APPOINTMENT!**

We love our referrals that come from word of mouth from our patients. Please spread the word that we are conveniently located in Riverview, in front of the new St. Joseph's Hospital. We look forward to providing you the best care and service in the healthcare field.

Joke of the month



Digging a Hole

A passer-by watched two workmen in a park. One was digging holes and the other was immediately filling them in again. 'Tell me', said the man watching, 'What on earth are you doing?' 'Well', said the digger, 'Usually there are three of us. I dig, Joe plants the tree and Sean fills in the hole. Today Joe called in sick, so Sean and I are carrying on without him.'

Trivia

On March 7th, 1876, Alexander Graham Bell received a patent for the...

- A. Incandescent Light Bulb
- B. Radio Telegraph
- C. Telephone
- D. Gramophone
- E. Graham Cracker

Answer C.

Request an
Appointment

Step Forward & Walk with Confidence

A fall could change your life:

3 out of 10 seniors will fall this year

Do you have a balance problem?

DON'T WAIT. Fall prevention can start with an appointment with your doctor for a risk assessment: A review of your health conditions and current medication could indicate that you have a balance problem that may be improved with an ankle foot orthosis (AFO) such as the Moore Balance Brace.



Call us at [813-788-3600](tel:813-788-3600). We can help you today!

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Meet our Doctors



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