

# Foot Notes

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Oregon Foot Care Centers

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### Sidelined

verb-

- 1) to cause a player to be unable to play on a team
- 2) to remove from the center of activity or attention

Sidelined, this is exactly what happened recently to Damian Lillard, star player for the Portland Trailblazers.

Damian Lillard missed his first career NBA games ever to a foot injury; to the condition known as plantar fasciitis. Many people thought Damian, like many pro athletes, was indestructible. However, we all found out that was not the case and Damian found out, like many thousands of non-athletes, just how devastatingly painful and debilitating a foot injury can be.

In this case, Damian injured his plantar fascia. The plantar fascia is a ligament-like structure in the bottom of the foot, connecting the heel to the front of the foot helping to form the arch. An injury to the plantar fascia is one of the most common conditions seen in my office: we see it daily and it sidelines many thousands annually nationwide from their day-to-day activities.

In players such as Damian Lillard the injury is usually a high velocity one, causing a tear in the tissue. One can easily understand the injury in an athlete due to the physical size and strength of the individual, as well as the extreme activity they are participating in. Certainly, physical conditioning can help reduce the impact of the injury, however it obviously will not always prevent it.

For those of us that are not professional athletes, the injury (although it may seem to come on suddenly) comes on over time, causing the same small tears, and is just as devastating. For most people who develop plantar fasciitis, it's the day-to-day stress and strain on the foot that over time leads to injury, an injury that is just as significant to us as the one that sidelined Damian Lillard. And just as it affected his ability to do his day-to-day activities, to do his job, it has the same affect on those of us who are not professional athletes. That severe pain first thing in the morning, the pain with every step, the pain that distracts your thoughts and limits what you are willing and able to do.

You don't have to be Damian Lillard to get injured or to get the care you need to heal, to get "back in the game". The good news is that we have solutions to reduce your pain, heal the tissue and get you back on your feet... to get you back to life. Call us.



*February  
Special*

*Emollia  
Lotion*

*Dry Skin  
Treatment*

\$13 8oz. Reg. \$15

\$8 4oz. Reg. \$10

## Corns and Calluses - What is a Corn? What is a Callus?

Corns and calluses are areas of thickened skin that develop to protect that area from irritation. They occur when something rubs against the foot repeatedly or causes excess pressure against part of the foot. If the thickening of skin occurs on the bottom of the foot, it's called a callus. If it occurs on the top of the foot (or toe), it's called a corn. Corns and calluses are not contagious but may become painful if they get too thick. In people with diabetes or decreased circulation, they can lead to more serious foot problems.

### Causes

Corns often occur where a toe rubs against the interior of a shoe. Excessive pressure at the balls of the feet—common in women who regularly wear high heels—may cause calluses to develop on the balls of the feet.

People with certain deformities of the foot, such as hammer toes, are prone to corns and calluses.

### Symptoms

Corns and calluses typically have a rough, dull appearance. They may be raised or rounded, and they can be hard to differentiate from warts. Corns or calluses sometimes cause pain.

### Home Care

Mild corns and calluses may not require treatment. If the corn or callus isn't bothering you, it can probably be left alone. It's a good idea, though, to investigate possible causes of the corn or callus. If your footwear is contributing to the development of a corn or callus, it's time to look for other shoes.

### When to Visit a Podiatrist

If corns or calluses are causing pain and discomfort or inhibiting your daily life in any way, see a podiatrist. Also, people with diabetes, poor circulation, or other serious illnesses should have their feet checked.

### Diagnosis and Treatment

The podiatrist will conduct a complete examination of your feet. X-rays may be taken; your podiatrist may also want to inspect your shoes and watch you walk. He or she will also take a complete medical history. Corns and calluses are diagnosed based on appearance and history.

If you have mild corns or calluses, your podiatrist may suggest changing your shoes and/or adding padding to your shoes.

Larger corns and calluses are most effectively reduced (made smaller) with a surgical blade. A podiatrist can use the blade to carefully shave away the thickened, dead skin—right in the office. The procedure is painless because the skin is already dead. Additional treatments may be needed if the corn or callus recurs.

Cortisone injections into the foot or toe may be given if the corn or callus is causing significant pain. Surgery may be necessary in cases that do not respond to conservative treatment.

### Prevention

Wear properly fitted shoes. If you have any deformities of the toe or foot, talk to your podiatrist to find out what shoes are best for you.

Gel pad inserts may decrease friction points and pressure. Your podiatrist can help you determine where pads might be useful.

Courtesy of APMA

## Recipe Corner

### Just Like Wendy's(R) Chili

*Serve topped with finely diced white onions and/or shredded cheese.*

*(Try doubling the beans, even better!!)*



### Ingredients

- 2 tablespoons olive oil
- 2 pounds ground beef
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 (14 ounce) cans stewed tomatoes
- 1 (10 ounce) can diced tomatoes with green chiles (such as RO\*TEL)
- 1 (14 ounce) can tomato sauce
- 1 cup water
- 2 (1.25 ounce) packages chili seasoning (such as McCormick(R) Mild Chili Seasoning Mix)
- 1 (14 ounce) can kidney beans, undrained
- 1 (14 ounce) can pinto beans, undrained
- salt and ground black pepper to taste
- 1 tablespoon white vinegar, or more to taste

### Directions

1. Heat olive oil in a large pot over medium-high heat. Press ground beef into the hot oil to form one large patty; let the bottom brown, 8 to 10 minutes. Stir and break the ground beef into crumbles and cook until no longer pink, about 5 more minutes.
2. Stir celery, onion, and green bell pepper into ground beef and cook until onion is translucent, about 5 minutes; pour in stewed tomatoes, diced tomatoes with green chiles, tomato sauce, and water. Break apart large chunks of stewed tomatoes. Stir in chili seasoning.
3. Mix kidney beans and pinto beans into chili, season with salt and black pepper, and bring to a boil. Reduce heat to low and simmer for 1 hour. Mix vinegar into chili.