

Foot Notes

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Concerns About Nerves

In the most simplistic terms, the nerves in our body are responsible for feeling and moving. If there is a lack of feeling or too much feeling in a particular area, nerves are involved. If a body part doesn't move like it should, or if it moves too much, nerves are involved. Often, what's overlooked when there is an injury to the foot is the nerves.

An ankle sprain, dropping something on the foot, or a foot surgery, all have nerve involvement. A shoe that is laced too tightly can irritate a nerve on top of the foot. A foot that pronates, (arch turns inward) can pinch a nerve on the inside of the ankle. A foot that supinates, (arch turns upward) can pinch a nerve on the outside of the foot or ankle.

Numbness on the bottom of the foot is a common nerve condition often from Diabetes or a low back problem. Morton's Neuroma is a common nerve condition near the 3rd and 4th toes. A Neuroma is a benign nerve tumor that develops for unknown reasons. When light touch to an area triggers pain, a nerve is likely irritated or inflamed. Pain after a surgery has healed otherwise, is commonly from a nerve situation.

Symptoms such as numbness, tingling, pins, and needles, burning, and sharpness are associated with nerve pain. Experiencing pain when you AREN'T on your feet could be from a nerve condition. If being barefoot or wearing sandals decreases the pain then a nerve could be involved.

Here's what we really don't like about nerve conditions...they can be very difficult to cure. Fortunately, better methods are available now more than ever to end nerve pain. Patience is paramount with nerve pain; nerves usually heal slowly. Making the diagnosis of a nerve condition isn't easy, but it starts with considering the possibility that a nerve could be the problem in the first place.

We don't take for granted how much stress and strain our feet endure from miles of walking and constantly having shoes and socks on them. Getting to the bottom of a nerve condition is critical to avoiding long-term suffering. We've seen undiagnosed nerve conditions lead to many years of unnecessary pain. If you've had a minor injury that hurts longer than it should, a nerve could be the culprit. Living with foot or ankle pain of any kind just isn't necessary.



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Feet Facts

A human foot & ankle is a strong, mechanical structure that contain 26 bones, 33 joints, and more than 100 muscles, tendons & ligaments.

The soles of your feet contain more sweat glands and sensory nerve endings per square centimeter than any other part of the body.

Many people have one foot larger than the other, so it's best to fit the larger one while standing.

During an average day of walking, the total forces on your feet can total hundreds of tons, equivalent to an average of a fully loaded cement truck.

Walking is the best exercise for your feet. It contributes to your general health by improving circulation and weight control.

The American Podiatric Medical Association states the average person takes 8,000 to 10,000 steps a day, which add up to 115,000 miles in a lifetime – more than 4 times the circumference of the globe.

Jalapeno Cranberry Salsa

Great appetizer for holiday get togethers!

Recipe Corner

Ingredients

- 12 oz bag of fresh whole cranberries
- 1 bunch green onions, chopped into 2-inch lengths
- 1-2 fresh jalapenos peppers (to taste), roughly chopped
- 1 bunch fresh cilantro, roughly chopped
- 3/4 to 1 cup white sugar (to taste)
- 2 limes, juiced
- 1/4 teaspoon salt
- 16 oz whipped cream cheese



1. Place cranberries, cilantro, green onions and jalapenos into the bowl of a food processor. Pulse on and off until coarsely chopped. Scrape down the side of the bowl as needed. **Be very careful not to over chop or cranberries will liquify.**
2. Add cranberry mixture into a bowl and mix in sugar, lime juice, and salt.
3. Place cranberry salsa into the refrigerator overnight.
4. Spread whipped cream cheese on a serving platter. (Note: If you have regular cream cheese, just throw it in your mixer and whip it on high for about 5 minutes until light and airy.)
5. Using a slotted spoon, spoon salsa over cream cheese leaving any excess liquid in a bowl.
6. Serve with your favorite crackers or chips! Enjoy!