Wilton Footcare Associates
Dr. Michael Connor, D.P.M.

News and Updates July 2025

The Rigors of Waterskiing

Waterskiing is a fun, invigorating workout for beginners and seasoned veterans alike. But sometimes the feet and ankles pay a price in the forms of ankle sprains, tendon injuries, and fractures.

An ankle sprain might result from a bad landing, a fall, or "catching an edge," which is when a ski contacts the water at an awkward angle and causes a sharp turn or abrupt stop. Also, if the boot does not release from the binding on a hard fall or from extreme force, your ankle may be in trouble.

Partial or complete tendon tears can strike the Achilles tendon, peroneal tendon (on the outside of the foot and ankle), or posterior tibial tendon (inside of the foot and ankle). Notable causes include awkward landings, hitting the water with extreme force, quick or hard get-ups out of the water, boots that don't release properly from their bindings, and attempts to kick off a ski to transition to one-footed skiing. Some water-skiers might be fortunate enough to deal with tendonitis rather than tears.

Causes of waterskiing-related fractures overlap many of those for ankle sprains and tendon tears. An added one is whacking one ankle with the ski from the other foot.

To diminish your risk of foot and ankle injuries:

- Regularly engage in strength and conditioning exercises.
- Warm up before skiing.
- Stay hydrated.
- Adjust your boots/bindings — snug enough to maintain good control but loose enough to come off in a crash.
- If you think you've injured yourself, don't push it.
- Maintain good communication with the boat driver.

If a waterskiing adventure leads to a foot or ankle injury, schedule an appointment with our office for a thorough evaluation.

About the Doctor

Michael Connor, DPM

Dr. Connor has been in private practice in Wilton, CT for the past 30 years. He is on staff at Norwalk Hospital and is Board Certified in Podiatric Surgery. He treats all foot and ankle problems from children to adults with special interest in sports medicine and diabetic footcare.

Get Social w/Us

Stemming the Tide

Stem cells are created naturally by the body and possess a wonderful quality: the ability to develop into various types of cells, such as those of muscle, tendon, ligament, nerve, cartilage, and bone, among others — a process known as differentiation. Stem cell therapy, or "regenerative treatment," can help spur healing for many conditions throughout the body.

For podiatric stem cell therapy, stem cells are frequently collected from the layer of abdominal fat just beneath the patient's skin. Muscles, tendons, and bone marrow are eligible locations, too. These cells are then concentrated and injected at the injury site to accelerate healing by (re)producing healthy cells to replace damaged ones, which reduces pain, diminishes inflammation, restores function, and improves mobility.

Stem cell therapy can be effective for ailments such as Achilles tendonitis, plantar fasciitis, osteoarthritis, ligament tears, and diabetic foot ulcers and neuropathy, to name a few. It may be an option for those who have exhausted more traditional, conservative treatments but would like to avoid surgery.

Other pluses include:

- It's a relatively quick and painless procedure (two hours, local anesthetic).
- Typically, only one treatment is required to initiate healing.
- Rejection is rarely an issue since the stem cells come from the patient's own body.
- Healing generally comes in a few months, but sometimes faster, and often lasts for years.
- A patient can return to normal activities in a day or two.

Unfortunately, insurance likely won't cover stem cell therapy (still considered "experimental"), and though the treatment has done wonders for some people, it might not be as effective for others.

If you suffer from chronic foot or ankle pain, consult with us to find out if stem cell therapy could be an option for you.

Mark Your Calendars

July 4 Independence Day: Only became a federal holiday in 1870 … what took so long?

July 7 Chocolate Day: *Cacao* is the raw cacao beans; finely ground and roasted cacao beans result in cocoa powder.

July 9 Dimples Day: 20% of people have dimples, a charming defect(?) caused by shortened facial muscles.

July 16 Hot Dog Day: The National Hot Dog and Sausage Council proclaims that putting ketchup on a hot dog is taboo for adults.

July 20 Moon Day: Neil Armstrong flew to the North Pole in 1985 … after the moon, a piece of cake.

July 22 Hammock Day: The world's largest, in North Carolina, spans 42 feet and is woven with 10,000+ feet of rope.

July 28 Waterpark Day: The world's tallest water coaster (86 ft.), "Tsunami Surge," splashes down in Gurnee, Illinois.

‘You Are a Chicken’

Hypnosis, or hypnotherapy, is heavily backed by scientific research; it’s not just corporate entertainment. It can be used by state-licensed hypnotherapists to treat conditions ranging from sleep disorders, menopausal hot flashes, and irritable bowel syndrome, to anxiety, chronic pain, and smoking cessation.

Hypnosis involves a relaxed physical state accompanied by more focused attention on a particular subject, reduced peripheral awareness (things outside our central line of focus), and an enhanced capacity to respond to suggestion.

The therapist will, for instance, ask a qualified candidate — not everyone is equally susceptible to hypnosis — to think about sensory experiences that make them feel safe. The therapist then adds more related images and verbal cues to help the patient enter a deeper state of calm. When executed correctly, the patient’s physical surroundings fade away.

At this point, the patient is more open to suggestions to achieve certain goals, make healthier decisions, or detach themselves from painful past experiences. Importantly, the patient remains in full control, can hear and remember everything, and won’t do something they don’t want to do.

Hypnosis-like events sometimes occur in everyday life. Have you ever driven a several-mile stretch of roadway by yourself, and later on the same drive realized you had no recollection of it? Time seems to shift, and we’re essentially on autopilot.

Functional magnetic resonance imaging can detect the point at which a patient enters hypnosis. The two hemispheres of the brain also undergo marked changes when a patient is under hypnosis. But the “why?” is not yet fully understood.

For those concerned that a shady hypnotist might abandon you before bringing you out of hypnosis (typically with a verbal cue), you will soon snap out of it on your own or fall asleep. You won’t remain a chicken forever.

Healthy Coleslaw Salad (Mayo-Free!)

Servings: 4 tacos; prep time: 10 min.; total time: 10 min.

A delicious, healthy, and colorful cabbage and carrot salad that is gluten-free and vegan!

Ingredients

- 3 cups cabbage (white and purple), shredded (see “NOTES”)
- 1 cup carrots, shredded
- 5 tbsp. extra virgin olive oil
- 3 tbsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 1 tsp. sea salt
- freshly ground pepper

Optional additions:

- cilantro leaves, chopped
- fennel, minced
- fennel fronds, chopped

Directions

1. Prepare all the vegetables, and combine them in a medium bowl.
2. To make the light dressing, whisk together the olive oil, lemon juice, mustard, honey, salt, and pepper.
3. Drizzle the dressing over the vegetables, and toss well until all the ingredients are lightly coated. Taste and adjust if necessary.
4. Cover lightly and place in the refrigerator for an hour to allow all the flavors to blend. Enjoy chilled or at room temperature.

NOTES: To shred the cabbage, you can use a very sharp knife or a mandoline. If you are in a hurry, you can even use the pre-shredded slaw mix that you find in most stores.

Recipe courtesy of marilenaskitchen.com/a-healthy-coleslaw-salad.

EPAT

Wilton Footcare Associates
Dr. Michael Connor, D.P.M.
27 Danbury Rd., Wilton, CT 06897 USA
203-761-1230 • WiltonPodiatry.com

The most advanced noninvasive treatment for musculoskeletal pain, extracorporeal pulse activation treatment (EPAT) is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This proprietary technology is based on a unique set of pressure waves that stimulates the metabolism, enhances blood circulation and accelerates the healing process. Damaged tissue gradually regenerates and eventually heals. Learn more about EPAT here.

What are the possible side effects/complications? The noninvasive EPAT treatment has virtually no risk or side effects. In some cases patients may experience some minor discomfort which could continue a few days. It is normal to have some residual pain after intense exercise or a full day workout

What are the expected results? The beneficial effects of extracorporeal pulse activation treatment (EPAT) are often experienced after only three treatments. Some patients experience complete pain relief after the treatment, although it could take up to four weeks for pain relief to begin. The procedure eliminates pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free/and or have significant pain reduction

Is it safe? Yes, this FDA cleared technology was developed in Europe and is currently used around the globe. A wealth of medical experience, state-of-the-art engineering and optimal quality have been built into each EPAT device, and extensive clinical studies and tests have confirmed its safety and efficacy

If performed by a qualified caregiver ExtracorporalPulse Activation Treament (EPAT) has virtually no risks or side effects

Why Consider Non-Invasive EPAT? EPAT has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT is performed in the office, does not require anesthesia, requires a minimal amount of time, patients can bear weight (walk) immediately and return to normal activity within a few days of the procedure.

Benefits of Non-Invasive EPAT: Patients are immediately full weight-bearing; No incision – no risk of infection at the treatment site – no scar tissue formation; Patients are able to return to work/normal activities within 24–48 hours, resuming strenuous activities after four weeks; Patients evaluated for success at 12 weeks; Over 80% successful outcomes (Published data – Long-term pain relief – results retained); Cost Effective; Reduced cost from lost work; Fast, safe and effective; Does not require anesthesia.

CALL 203-761-1230 for your appointment.

Broken Skin, Water, and Summer Fun

The skin protects the body from harmful agents in the environment. When there's a breach in the defenses such as a cut, abrasion, or open wound — even a small one — bacteria and viruses can infiltrate and cause potentially difficult-to-treat infections.

For many, summer fun involves trips to beaches, lakes, or pools. Make sure your feet and ankles, or any body part exposed to the water, are free from skin breakages before entering the water.

Some people believe that saltwater and chlorine are good for broken skin. Nope! Although saline solutions for treating wounds can be found at doctor's offices and pharmacies, they are sterilized and contain only salt and water. Saltwater from the ocean contains numerous microbes. Most won't cause harm, but some do. For example, Vibrio bacteria infect approximately 80,000 people per year in the U.S. and kill 100 (per the CDC) — through wound infections and eating undercooked or raw shellfish.

Fresh water is home to Aeromonas, a species of bacteria that can kick off wound infections. Chlorine is great at disinfecting pool water, but it's tough on skin, even more so for already-damaged skin.

If you're thinking, *I'll just use a waterproof dressing,* most waterproof wound-care products are meant for short stints in the shower, where the water is also cleaner — not for longer stretches in oceans, lakes, or pools, where they can more easily fall off and expose you to risk.

If you have some form of broken skin on a foot, ankle, or other area of the body, stay out of the water (takes discipline!). An infection of any kind is serious; systemic ones can be life-threatening.