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

News and Updates June 2022

Keeping Summer Splashdowns Enjoyable

Swimming can be fun and refreshing; it's also a great total-body workout. But just because it's an exercise that takes weight off the feet and lower extremities doesn't mean you can take your foot and ankle health for granted while splashing away.

Competitive swimmers and those who swim for a workout sometimes deal with foot cramping due to excessive pointing of the toes. Tendonitis on the top of the foot and in the Achilles tendon may occur with all the kicking. Flip turns while swimming laps sometimes result in heel slams into the wall, bruising and pain, and possibly an ankle sprain.

Preventing these conditions includes gentle stretching of the feet and lower extremities before and after a workout. Proper hydration can diminish the risk of cramps interrupting your routine, and good technique will help reduce foot and ankle issues.

For casual, active, and competitive swimmers, staying in the pool too long makes skin more susceptible to cracking, opening the door to bacteria, funguses, and viruses. Take intermittent breaks and dry off the feet (between the toes, too) upon exiting the pool.

Bare feet don't mesh with wet pool decking or locker room floors. To help avoid falls and accompanying ankle sprains or fractures, concussions, traumatic brain injuries, and possible drowning, take it slow and wear slip-free, waterproof sandals; pool socks; or APMA-approved flip-flops.

Proper poolside footwear also offers a barrier against microorganisms that thrive in warm, moist environments and can spur conditions such as athlete's foot, toenail fungus, and plantar warts, among others.

If you experience lingering foot or ankle discomfort, contact our office to schedule a thorough examination.

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

When Morton's Neuroma Becomes *Your* Neuroma

Morton's neuroma is a small, benign mass of thickened nerve tissue in the ball of the foot, primarily between the third and fourth toes. Compression and irritation of the nerves produce tingling, numbness, and pain when that area bears weight — some describe the sensation like stepping on a pebble … every step. Swelling also adds to the occasion.

Women are nearly 10 times more susceptible to Morton's neuroma than men, with women in their 30s and 40s afflicted the most. The primary culprit is poorly fitting shoes such as high heels, which transfer weight to the front of the foot, spiking pressure in that region. Narrow, tight toe boxes put the squeeze on feet from the sides.

In addition to poorly fitting shoes, flat feet (overpronation) may contribute to Morton's neuroma. High arches, hammertoes, and bunions also create unnatural pressure on the ball of the foot. Repeated physical activity can do the trick, too. Examples include runners, tennis players, ballet dancers, and people whose jobs require them to stand on their feet all day. And we can't forget injuries.

In early stages, Morton's neuroma symptoms may be relieved temporarily by avoiding the offending activities or footwear, or even applying a quick foot massage. However, without treatment, the discomfort will get progressively worse.

Persistent discomfort warrants an appointment at our office. The earlier we see you, the greater chance conservative measures have of being successful.

Morton's neuroma treatments include eliminating ill-fitting shoes, activity modification, stretching exercises, taping and padding, orthotics, anti-inflammatory medications, and injection therapies. An exciting treatment option is extracorporeal pulse activation technology, although most insurances don't cover it yet. Surgery is a last resort to restore quality of life.

Mark Your Calendars

June 3 National Doughnut Day: Don't try eating a batting doughnut. A bit tough … and heavy.

June 6 D-Day: Normandy's Mont-Saint-Michel Abbey is France's second-most visited tourist site.

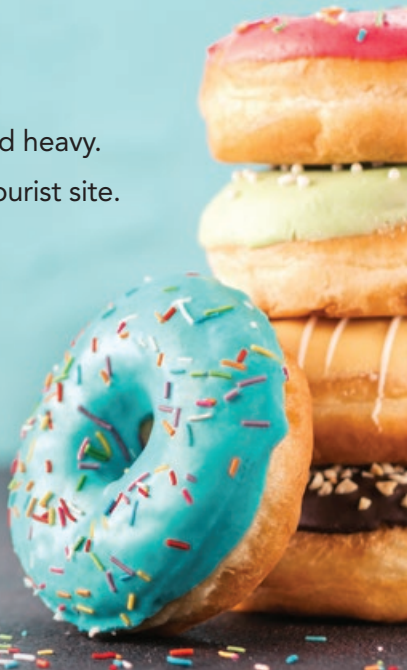
June 14 Flag Day: There are six American flags planted on the moon.

June 19 Father's Day: (Dad joke) Two fathers walked into a bar. The third one ducked.

June 19 Juneteenth: On June 19, 1865, General Orders No. 3 freed those still enslaved in Texas.

June 21 Summer solstice: The Eiffel Tower grows 6 inches over summer (thermal expansion).

June 27 Sunglasses Day: Look for a "UV 400" or "blocks 99–100% of UVA/UVB rays" label.



Fishing for a Father's Day Gift

Many dads value quality time with family above any other Father's Day gift. Fishing fits the bill, and its healthful aspects are numerous … and frequently overlooked.

Fishing can be a good, low-impact workout. Many times, a short hike is required to reach a desired fishing destination. Some forms of fishing — for instance, fly-fishing — can be vigorous. Heading out on a canoe or kayak provides a nice cardio session.

The fresh outdoor air gives lungs a chance to flush out the pollutants. Sunshine is the best source of vitamin D, which boosts the immune system, brain, and central nervous system; aids in processing calcium efficiently; helps regulate the sleep cycle, and more. Fifteen minutes per day is all it takes; after the 15, don't forget the hat and sunscreen.

Immersing yourself in nature exposes you to higher amounts of negative ions, especially around flowing water sources like streams, creeks, rivers, or the ocean. Negative ions are charged particles that have been found to reduce levels of depression in some people, increase metabolism of carbohydrates and fats, and kill or impede the growth of harmful bacteria.

Studies have shown that angling has a mindful, meditative effect on the brain, which can improve concentration and focus. Those with ADHD can benefit after just one outing.

And if you keep your catch for a future meal, fish are packed with essential nutrients such as omega-3s, vitamin B12, protein, "good" cholesterol, and a touch of vitamin D. Your heart, eyes, blood cells, and DNA will thank you.

Finally, fishing is an excellent time for bonding and shared experiences — like the 18-inch trout that got away … and increases in size each year. Happy Father's Day!

Mediterranean Inspiration

for Father's Day Brunch

Here is a Mediterranean-inspired Father's Day brunch item that will hit the spot — and beats a new tie!

Ingredients

- 4 slices sourdough and chosen spread
- 1/2 Tbsp. extra-virgin olive oil
- 8–10 oz. baby plum tomatoes — sliced into halves
- 4 large eggs
- 2 tsp. milk
- Red chili, sliced
- 2 oz. feta cheese (more if you like)
- 2 oz. chorizo slices
- Handful flat-leaf parsley — roughly chopped
- Black pepper

Directions

1. Toast your sourdough and cover with your chosen spread.
2. Quickly fry the baby plum tomatoes in extra-virgin olive oil, scramble your eggs spiked with the fresh chili slices, and quickly crisp up the chorizo.
3. Load up the sourdough with the chili scrambled eggs, crumble the feta over top, and top with crispy chorizo. Serve with a side of fried baby plum tomatoes.
4. Sprinkle the whole lot with freshly chopped parsley and cracked black pepper.
5. Serve your brunch to a pleased father.

Note: As an alternative, you can go veggie and skip the chorizo, swap the chorizo for crispy bacon, or skip the chili if you don't like heat.

Recipe courtesy of www.morocco-gold.com.

EPAT

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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.

Tiptoeing Through the Early Years

Toe walking is a common occurrence with young children. Toe walkers literally walk on their tiptoes and balls of the feet; their heels never strike the ground. Conversely, they typically run in normal fashion.

Toe walkers generally don't feel any pain, and most outgrow it shortly after exiting their toddler years. Some might continue out of habit. If kids are still doing it past age 3, there are potential consequences — for instance, pain, stiffness, and tightening of the Achilles tendon; ankle stiffness; and a widening of the forefoot.

The origin of toe walking is frequently unknown ("idiopathic"). In roughly one-third of cases, there is a family history. Sometimes there is a physical cause, such as a short Achilles tendon or calf muscles. In a small percentage of cases, toe walking might be a sign of an underlying sensory, muscular, or neurological disorder.

If your child is toe walking past their third birthday, give our office a call. We'll ask you some questions, observe your child walking, and perform a physical exam that will include determining their range of motion and gauging their muscle tone.

Kids who appear to be toe walking out of habit and show no ill effects will likely not require treatment. They'll outgrow it eventually. If there is a physical issue, gentle stretching, special shoes, physical therapy, a leg brace or splint, and custom orthotics are among the treatment options. Surgery is the backup plan if conservative measures fall short.

If we suspect an underlying disorder outside the realm of podiatry, we will steer you in the right direction.