

# September 2011 Newsletter

## “Reply for FREE LittleStep Orthotics for Kids!”

### **Congratulations Lisa D.!**

Congratulations to Lisa D.! She is the winner of our August Give Away: **2 50-yard line tickets to the University of Illinois Fighting Illini Football Team.**

*August Give Away Question:* Super Bowl MVP suffered from plantar fasciitis, otherwise known as heel pain?

*August Answer:* Super Bowl XLII MVP Eli Manning of the New York Giants had plantar fasciitis.

**YOU** could be our next big winner. Dr. Lockwood wants to reward our readers with FREE prizes, EVERY month! HFAA is giving away **1 free pair of LittleStep Orthotics for Kids** for the month of September! **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a FREE pair of LittleStep Orthotics for Kids!

### **Pregnancy, children, and school- oh my!**

September means back to school for nearly all of our children out there. And- back to sports for all our little athletes. September is also a very popular month for births. So, in honor of all expecting mothers and children, this month is dedicated to kids!

### **Pregnancy and Your Feet:**

Pregnancy triggers many different changes in a woman's body. Many women have common complaints throughout their pregnancy. One of these complaints, often overlooked, is foot pain. Due to the natural weight gain during pregnancy, a woman's center of gravity is completely altered. This causes a new weight-bearing stance and added pressure to the knees and feet.

Two of the most common foot problems experienced by pregnant woman are over-pronation and edema. These problems can lead to pain at the heel, arch, or the ball-of-foot. Many women may also experience leg cramping and varicose veins due to weight gain.

Over-pronation is a very common foot problem experienced during pregnancy. Over-pronation, also referred to as flat feet, is caused when a person's arch flattens out upon weight bearing and their feet roll inward when walking. This can create extreme stress or inflammation on the plantar fascia, the fibrous band of tissue that runs from the heel to the forefoot. The reason many pregnant women suffer from over-pronation is the added pressure on the body as a result of weight gain.

Edema, also referred to as swelling in the feet, normally occurs in the latter part of pregnancy. Edema results from the extra blood accumulated during pregnancy. The enlarging uterus puts pressure on the blood vessels in the pelvis and legs causing circulation to slow down and blood to pool in the lower extremities. The total water fluid in the body remains the same as before pregnancy, however it becomes displaced. When feet are swollen, they can become purplish in color. Sometimes extra water is retained during pregnancy, adding to the swelling.

Edema in the feet can be minimized by the following methods:

- Elevate your feet as often as possible. If you have to sit for long periods of time, place a small stool by your feet to elevate them.

- Wear proper fitting footwear. Footwear that is too narrow or short will constrict circulation.
- Have your feet measured several times throughout your pregnancy. They will probably change sizes.
- Wear seamless socks that do not constrict circulation.
- If you are driving for a long period of time, take regular breaks to stretch your legs to promote circulation.
- Exercise regularly to promote overall health; walking is the best exercise.
- Drink plenty of water to keep the body hydrated. This helps the body retain less fluid.
- Eat a well-balanced diet and avoid foods high in salt that can cause water retention.

If you are pregnant and experiencing these or other foot problems, or have any questions, please call (309) 661-9975 or visit our website to make an appointment to discuss your treatment options.

### **Little Feet can have BIG Problems**

Children's feet may be small, but unless adults consider the specific needs of young walkers, problems for those children may loom large. Shoes will protect children's feet, but if fit incorrectly, they can do more harm than good. A few simple guidelines for determining proper size and type of shoe along with professional care can help you get the right fit for your growing children.

When a child first begins to walk, shoes are not necessary for the indoors. Shoes may even impede a child's development and progress. Allowing toddlers to go barefoot or to wear just socks helps the foot to grow normally and to develop its musculature and strength, as well as the grasping action of toes. When walking outside however, babies' feet should be protected in lightweight, flexible footwear made of natural materials.

Once the child is ready for shoes, to get the right size, make sure there is 1/2" space between the child's longest toe and the end of the shoe. Remember that it's natural for small children to curl their toes when trying on new shoes. To get the right width, see that you can pinch a small amount of the shoe upper across the top of the foot. If you have a toddler, check shoe fit every three or four months since children's feet grow rapidly.

The [type of shoe](#) you pick is important to ensure proper fit. Shoes should have thin, soft soles and be flexible enough to bend very easily across the ball of the foot. Flexible soles help children develop their sense of balance. Do not assume a given size will fit the same for different brands of shoes. Avoid man-made materials because they limit breathability. Hand me down clothes are great—but not shoes. Second hand shoes can create improper balance because they may have worn out unevenly by the previous owner.

Some foot problems require professional help. Infants' feet that [curve excessively](#) inwards or outwards can be corrected with shoes that are modified and fitted with arch support. By age three, when children develop a heel to toe gait, excessively flat feet should be fit by a podiatrist with a custom molded shoe insert (orthotic) or a pre-fabricated insert to assist bones to develop in correct alignment.

For more information about properly fitting your children for shoes or if your children are having foot problems, please contact Dr. Lockwood at 309-661-9975.

### **LittleSteps- Orthotics for Kids!**

Does your child withdraw from activities they usually enjoy? Does your child not want to show you his/her feet? Does your child often trip and fall? All of these may be signs that your child has a foot problem and needs to see a podiatrist or get orthotics. It is never normal for a child to have foot pain!

[LittleSteps](#) are pre-fabricated foot orthoses specifically designed for kids. LittleSteps provide an affordable alternative to expensive custom orthoses while delivering prescription based correction. This

promotes earlier intervention and treatment of many pediatric foot problems. LittleSteps are designed to improve flat feet, balance, coordination, pain, posture and strength!

Call 309-661-9975 or visit our website to schedule an appointment for your child today. Or, you can stop by HFAA during normal business hours to purchase a pair of LittleSteps for your little one. One of our foot care specialist will custom fit your child into the right size LittleStep. With a well coordinated effort we can ensure that your child continues to be happy and active as they grow and play!

### **'1,2,3 Test' for School Shopping!**

As parents across the country check off school items from their shopping lists, remember one of the most important purchases that can be made for children this season: foot-friendly shoes. Whether on the school bus, in the classroom or on the playground, a properly constructed and well-fitted pair of shoes can drastically reduce a child's risk of injury, from conditions such as blisters to more serious injuries such as tendonitis, sprains, strains and even fractures.

One easy way to determine if a child's shoe is foot-friendly is to perform the "1, 2, 3 Test."

- **First**, press on both sides of the back of the shoe's heel. Make sure that it does not collapse when pushed on.
- **Second**, check toe flexibility. The shoe should bend with your child's toes, but should not be too stiff or bend too much in the toe box area.
- **Third**, grab the shoe by the front and back and twist gently. A foot-friendly shoe should never twist easily in the middle.

Here are several more shoe shopping tips to help start the school year off on the right foot:

- **Take your child shoe shopping.** Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.
- **Examine the heels.** Children often wear through the heels of shoes faster than outgrowing the shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.
- **Look for the Seal of Acceptance.** Certain footwear brands, such as the Reebok Classic Leather Collection and Asics' GEL-Nimbus model, carry the APMA's Seal of Acceptance. APMA's Seal program recognizes products that set the benchmark for footwear and foot care industries, and have been evaluated by a team of podiatrists to guarantee proper foot function.
- **Remember socks when shopping.** Make sure to have your child try on shoes with socks or tights, if that is how they will be worn, in order to ensure a proper fit.

Dr. Lockwood and all staff members at HFAA are happy to assess your children's shoe gear and make recommendations. Feel free to call us at (309) 661-9975 or visit our website to ask a question, make an appointment, or get more information.

### **A Little Surprise...**

As stated earlier, September is a very popular month for births. Nearly 375,000 babies are born during the month of September. Well, HFAA will be welcoming our newest, and *youngest*, member of the team come February. **Dr. Melissa Lockwood and husband Scott Heape, CPA, are expecting their firstborn on February 8, 2011.** And no- they do not know the sex of the baby yet! The mother and father to be are both overwhelmed with happiness as they prepare for their bundle of joy. HFAA will be seeing patients as usual up to delivery and will have doctor coverage throughout February. The entire team at HFAA is very excited to meet the new mini-podiatrist!

### **Upcoming Events:**

**What Women Want NOW! Expo**

- Saturday September 17, 2011
- 9am-3 pm
- U.S. Cellular Coliseum, 101 S. Madison St Bloomington, IL

Attend the second annual What Women Want NOW! Expo to get great freebies, hear informative speakers, and get everything a woman wants- NOW! This year's keynote speaker, Giuliana Rancis of E! News, will fill you in on "Hollywood, Fashion, Family and Faith". One grand prize winner will win a 4 day 3 night trip for 2 to Las Vegas, Nevada. The lucky winner will vacation in luxury as they enjoy the Planet Hollywood Resort and Casino. Come visit the HFAA team and enjoy fashion shows, food tastings, and shopping!

### **Step Out Walk to Fight Diabetes**

- Saturday October 1, 2011
- 9am-noon
- Kingsley Junior High School, Normal, IL

Did you know that 1 in 3 children in the United States faces a future with diabetes? The American Diabetes Association works everyday to change the frightening future that diabetes has in store, but we need your help. Together we can stop diabetes. Take the first step today by registering to walk in our local Step Out: Walk to Fight Diabetes event. Every step you take and every dollar you raise helps the American Diabetes Association provide education programs in our community, protect the rights of people with diabetes and fund critical research for a cure. Walking is one of the easiest, most relaxing forms of exercise for many people, but especially for those living with diabetes. By participating in Step Out: Walk to Fight Diabetes, you can get fit, reduce your risk for type 2 diabetes and support the American Diabetes Association!

### **McLean County Senior Expo**

- Monday October 3, 2011
- 9am-2pm
- DoubleTree Hotel & Conference Center, 10 Brickyard Drive, Bloomington, IL

A wide array of products and services, seminars and screenings, entertainment and activities, and games and giveaways will highlight this FREE one day extravaganza as all aspects of the "Home~Health~Hobby" theme are represented. Attendees will enjoy free hourly bingo games, refreshments, musical entertainment, and prize giveaways, including HFAA's giveaway of 1 pair of shoes! Enjoy informative and educational seminars hosted by some of McLean County's most respected names, including Dr. Lockwood's *Feet First* presentation at 9:15 am! Attendees can meet and greet the businesses, organizations, and groups that serve Bloomington-Normal at a convenient and comfortable location.

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at [sam@heartlandfootandankle.com](mailto:sam@heartlandfootandankle.com).

### **Become a Fan of HFAA:**

Did you know you can follow HFAA on Facebook, Twitter, and on our blog?

Become a fan of HFAA on facebook.

Check out our 'tweets' on twitter.

Read our informational blog.

Or, visit our website anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

**Reply for a FREE pair of LittleStep Orthotics!**

Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away FREE product each month. This month, we are giving away 1 pair of LittleStep orthotics for kids. All you have to do is reply to this e-mail with the answer to the question below to be entered to win!

Question: What month is Dr. Lockwood due to have her first baby?

Good luck!