

Is Your Gait Straight?

You don't usually think about how you walk, right? After all, it's something you just do naturally every day. Sometimes, though, the way in which you walk can cause issues not only with your feet, but also your ankles, legs, back, and right on up! So, even though you may not think about it, we do!

The way in which you move from one point to another, be it walking or running, is called your gait. A gait analysis assesses how your feet – and actually, your whole body – performs this movement. This allows us to pinpoint biomechanical abnormalities that can lead to possible problems such as overpronation, shin splints, and Achilles tendinitis.

By considering things like how your foot strikes the ground, how it rolls forward as you step, and how you push off for your next step, we can determine if your biomechanics could use a little help in order to prevent certain conditions and reduce your risk of injury.

We may recommend custom orthotics which can be used to add stability and support in order to keep your feet in correct alignment. We may also make footwear suggestions or provide exercises tips to increase strength and range of motion.

To find out if a gait analysis could benefit you, walk on over and get more information from our helpful staff, or ask to schedule an appointment today!

It's Time!

Now is a great time to come in for your annual orthotic checkup and pick up a second pair.

Mention this newsletter and receive \$75.00 off a new pair or second pair of custom orthotics. Don't let this opportunity pass you by, make your appointment today!

Offer good on new orders through 12/31/2016.

Get Social w/Us





Diabetic Danger: Peripheral Neuropathy

Are you experiencing numbness in your toes? Do you have a general sense of imbalance? If your feet feel different at night than they do during the day, it is possible that you have a nerve condition known as Peripheral Neuropathy. This is a progressive disease that will worsen over time. Neuropathy in the feet can lead to loss of feeling, to the point that minor injuries go undetected.

Sixty five percent of Diabetics experience neuropathy symptoms, but the condition can also be caused by certain medications. We can perform a neurological assessment in our office to diagnose whether neuropathy is the cause of your symptoms.

Once diagnosed, we offer effective in-office solutions to reduce your pain. Combination Electroanalgesia Therapy (CET) is one treatment that has been successful for a number of our patients. CET involves the use of an electro-medical wave generator which was specifically invented for neuropathy pain.

If these symptoms sound familiar, please schedule an appointment and let us help to end your pain.

November is Diabetes Awareness Month

Here are a few foot care tips for those living with diabetes:

- Wash feet daily and pay attention to drying well between the toes.
- Apply a moisturizing cream to the feet daily.
- Inspect your feet for any cuts, bruises, sores, or changes to your toenails.
- Make sure your shoes are properly fitted each and every time you buy shoes.
- Avoid going barefoot, even at home.
- Avoid over the counter corn and wart preparations, as they can burn the skin and cause damage and formation of an ulcer.
- Medicare patients should inquire about their Therapeutic Shoe benefits, which allow one pair of diabetic shoes per calendar year.





Sweet Dreams

Getting the Right Amount of Sleep for Your Health

Do you get enough sleep? Let's hope so! Making sure you get your ZZZZs affects more than just whether or not you feel tired. When you're asleep, your body is actually hard at work. It's during this time that repairs are being made, tissues are being healed, and old cells are being replaced with new, healthy ones. When you cut your sleep short, there's not enough time for your body to get these jobs done! That means injuries take longer to heal and conditions continue to need treatment. Besides, lack of sleep can affect your stress levels, your ability to focus, your energy, and your mood.

Ideally, you should get 7 – 9 hours of sleep. If this seems like it may be difficult for you, try these tips:

- Limit caffeine
- Avoid alcohol
- Don't eat a heavy meal before hitting the hay
- Get regular exercise
- Drink plenty of water
- Stick to a relaxing bedtime routine, going to bed and getting up at the same time each day.

Pumice Stone Prowess

Never experienced the smoothing sensations of a pumice stone? Well, check out these tips to become a pro:

1. Soak your feet in a warm foot bath for 5 – 10 minutes. You can add some drops of baby oil for extra moisturizing if you want! A little bit of lavender can be soothing as well.
2. Dip the pumice stone in the warm water and gently rub areas of rough or callused skin using a circular motion and very little pressure.
3. Pat your foot dry with a soft towel – don't rub as the newly smoothed skin may be sensitive.
4. Massage some moisturizer over the area.
5. Rinse your pumice stone in clean water, then store in a dry location.
6. Show off your smooth and silky feet to the world!

NOTE: Never try to cut away hardened skin, especially if you have diabetes!



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Finally Put an End to Your Heel Pain

The most common description of heel pain that we see in our office starts out as "sharp, stabbing pains in the heel when first stepping out of bed in the morning". This is likely caused by a common condition known as Plantar Fasciitis. This is an inflammation of the band of fibers that run from your heel to your toes.

While a conservative treatment regimen of stretching and arch support will likely cure this condition, if left alone, it can become a chronic condition. We offer a variety of solutions for those dealing with stubborn heel pain. If you have tried conventional treatments, we offer non-invasive EPAT Pulse Activated Therapy which has been effective for patients of all ages with no downtime or medications. We also offer cutting edge injection therapies to end heel pain suffering.

If you are experiencing heel pain, there are lots of treatment options and we will help you to find the one that will end your pain.