



SHENANDOAH PODIATRY

If your hurting feet could talk...

Foot Pain Shouldn't Be Par for the Course



About the Doctor

Jennifer Keller, DPM

Tagging along with your mom to a doctor appointment could redirect your career path.

That's exactly what happened to Dr. Jennifer Keller while an undergraduate in biochemistry at Virginia Tech. Her mom's podiatrist served as a mentor helping guide the decision to become a podiatrist. After obtaining her Doctor of Podiatric Medicine degree at NYCPM, Dr. Keller completed a foot and ankle surgical residency at Mercy Medical Center in Baltimore, MD. Away from the office, Dr. Keller enjoys time with her children, horses, dogs and cats. While born a Yankee in NY, she has adapted well to life in Botetourt County.

Get Social w/Us



It's National Golf Month! People everywhere are swinging and putting and yelling, "Fore!" But if those golf shoes of yours are causing you pain, we hope you realize that's not par for the course! Pain is your body's way of telling you something is wrong, so it should never just be accepted as a normal part of a typical day on the greens!

Golfers especially are prone to problems with their big toes, the balls of their feet, and their heels. If any of these areas are causing you pain, you might need to skip a few tee times and come see us for a diagnosis and treatment plan. We can determine what's behind your pain and help you get back into the swing of things before you know it!

In the meantime, make sure your golf shoes fit well and aren't too worn out. Also, see if slipping some orthotics inside helps ease discomfort. These devices can help distribute weight evenly, accommodate things like bunions, and provide added cushion and support to problem areas like heels and arches, so you can grab your clubs and enjoy a pain-free round of golf! If you want to find out more, just ask our friendly and helpful staff.

Treatments for a Stiff Big Toe



Hallux rigidus is a condition characterized by a stiff big toe as a result of arthritis in the big toe joint. It affects mobility of the toe and can cause pain when pushing off while walking or jumping. A bunion or bone spur may develop on the joint as well—talk about putting a damper on your summer fun!

Luckily, there are some steps you can take to minimize discomfort. Icing the area and taking anti-inflammatory medications can help, as can medicated injections to the joint. Alternating an ice bath and a heated one can also prove to ease pain. Often, a change in footwear can make a big difference, too. Stay away from thin-soled shoes, high heels, and shoes that are narrow and tight. Look for a wider toe box, and try orthotic shoe inserts that can provide extra support.

Keep in mind that these treatments address symptoms, but this condition is progressive and at some point you may need to consider surgery. In the meantime, if you are experiencing stiffness in your big toe, follow these tips to loosen up so you can go for that stroll on the beach, play your favorite summer sports, and enjoy a pain-free, active life. For more information, just ask our helpful staff!

Mark Your Calendars

- August 3** National Watermelon Day – perfect for that seed spitting contest!
- August 5** Start of the Summer Olympics – let the games begin!
- August 9** Book Lover’s Day – enjoy a good read.
- August 14** National Creamsicle Day – stop that ice cream truck!
- August 15** Relaxation Day – jump in a hammock and enjoy.
- August 30** Toasted Marshmallow Day – at one last summer campfire.



Have Some Family Fun!

By the end of the summer, parents everywhere are tired of hearing, “I’m bored,” and “There’s nothing to do.” Well, good news—it’s Family Fun Month, people! Here’s a list of suggestions to get out there, stay active, and have fun together:



Pack a picnic – hit the beach or head to the park and enjoy an old school picnic. Better yet, show the kids how to play some of the games you enjoyed as a child—you know, a hundred years ago!

Go camping – even if you have to bribe them with S’mores around the campfire, there’s nothing like a camping trip to strengthen family bonds.

Declare a movie night – grab some popcorn and snuggle up. You could even head outside to watch a movie on the garage door, side of the house, or portable screen.

Volunteer together – show your kids that paying it forward can not only be fun but also makes you feel great knowing you made someone else’s day.

Get cooking – break out the pots and pans! Cooking together is fun all around. Try a new recipe or an old favorite and let the kids run the kitchen.

Explore – check out that new museum or zoo exhibit, discover a new playground or park, try that new restaurant—there are all sorts of places around you to explore, so have at it!

Be creative – build a backyard obstacle course, a cardboard house, make up a new game, hold a dance-a-thon—whatever comes to mind. You’ll be encouraging your kids to use their imaginations while having fun at the same time!

Go from “bored” to board games, from whining to riding bikes, blowing bubbles, attending sporting events, spying cloud shapes, and more. There are all sorts of fun to be had, so grab the kids and enjoy Family Fun Month for all it’s worth! After all, they’ll be back to school before you know it!



Summer Bucket List

Summer’s wrapping up—have you done everything you’ve wanted to do? Don’t miss your last chance to get in these summer classics:

Having a water balloon fight

Competing in a watermelon seed spitting contest

Catching lightening bugs

Taking in a drive-in movie

Flying a kite

Skipping a stone

Eating a banana split

Watching a sunset

Make sure you check these” off your list to get the most out of your last summer days and nights!

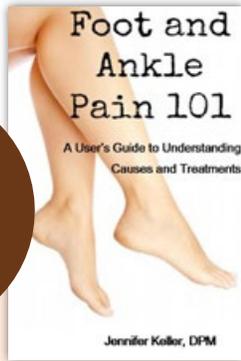


SHENANDOAH PODIATRY

60 Summerfield Court, #102
Roanoke, VA 24019
(540) 904-1458
ShenandoahPodiatry.com



Free
Book



Call (540) 904-1458 or visit
ShenandoahPodiatry.com

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Teens and Tarsal Coalition

As if the teenage years aren't difficult enough to navigate, tarsal coalition is a foot condition that can appear at this time as well! This occurs when the tarsal bones located at the rear of the foot and in the heel are abnormally connected (often present yet unnoticeable at birth). The result is rigid flat feet causing pain and difficulty with simple, every day activities—much less participation in sports.

For many, orthotics or physical therapy is enough to relieve discomfort and get them back to their normal lifestyle. Altering activities and taking a break from them can reduce stress on the bones and help alleviate pain as well. Sometimes medicated injections or a temporary cast or boot is prescribed. However, in severe cases surgery may be necessary.

If your teen is complaining (more than normal!) and no longer wants to participate in activities he or she typically enjoyed because of foot pain, don't roll your eyes, put in some ear buds and go to your room and shut the door (a taste of their own medicine!). Take those complaints seriously and come see us so we can get your teenager on a treatment plan and back to the activities he or she loves!

