



SHENANDOAH
PODIATRY

If your hurting feet could talk...

Bunionettes: Sure, They Sound Cute, but They Can Be Painful!



About the Doctor

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Jennifer Keller, DPM completed her undergraduate studies at Virginia Tech graduating

cum laude with a Bachelor's degree in Biochemistry. She then took her talents to the New York College of Podiatric Medicine, graduating with a Doctorate of Podiatric Medicine degree. She completed her surgical residency training at Liberty Medical Center/Mercy Medical Center in Baltimore, Maryland. Though she devotes most of her time to the practice, Dr. Keller is a dedicated academic. She continually upgrades her medical skills and researches the latest technology for the advancement of podiatry.

Get Social w/Us



Bunionettes might sound like a cute group of back-up singers or animated friends, but don't let the name fool you! These close relatives of the bunion can pack a powerful and painful punch. They form on the outside of your foot at the base of the pinkie toe due to friction and pressure. This is often the result of shoes that are too tight. The bothersome bony protrusions yield similar symptoms as those stemming from the more well-known big toe bunion.

Redness, swelling, tenderness, and pain can accompany the problem, and it can be easily aggravated and worsened by shoes that rub and irritate the area. Calluses often develop and the condition can become as unsightly as it is uncomfortable. Ignored, bunionettes can make even walking unbearable. Luckily there are ways to ease the discomfort and slow the progression. Anti-inflammatory medication and ice can minimize pain in the affected joint. Wearing comfy shoes that fit properly will eliminate stress placed upon the area as well. There are special pads you can put over the bump for added cushion and protection, and splints or spacers keep the toes in correct alignment and the joint from jutting outward.

Look for footwear that offers plenty of wiggle room for your toes, and avoid narrow, pointy, high heels as much as possible.

There's nothing cute about bunionette pain—keep discomfort to a minimum with these and other tips found on our webpage. With our help, you can bid goodbye to these baby toe bumps with their adult-sized symptoms, and get back to your pain-free days.



Dogs Barking During the Dog Days of Summer?

Give 'Em a Treat with These Tips for Sore Feet!

If your dogs are barking after a long day of late summer fun, you don't have to just sit and stay. You can chase the pain away by learning a few new tricks to beat tired, sore feet.

First, give 'em a treat by soaking them in a soothing foot bath with Epsom salts. Afterwards, elevate your feet by kicking back and propping them up on a pillow. Now's a great time for a foot massage! Apply some oil or lotion then rub it in and gently apply pressure to the sore areas of your soles.

Next, fetch a towel and loop it around your feet while in a seated position with legs straight out in front of you. Now pull the ends of the towel toward you to stretch the muscles in your arches and toes. Loosening your calf muscles will help, too. For this, face a wall, lean against it with your hands, then lunge back with one leg trying to touch your heel to the floor. Hold and switch.

Another good way to silence the soreness is by slipping some orthotics in your shoes. These can provide the support and added cushion you need, as well as distribute pressure evenly and help maintain correct biomechanics.

Always make sure your shoes fit properly and are appropriate for your summertime activities!

When you're trying to fit in that last bit of summer fun, don't let sore feet hold you back. Retrieve even more tips by simply asking our helpful staff!

Mark Your Calendars

- August 2** Friendship Day—BFF's rejoice!
- August 6** Wiggle Your Toes Day—one of our favorites
- August 10** Lazy Day—a perfect excuse to relax!
- August 10** National S'mores Day—the perfect snack while you're relaxing
- August 11** Botetourt County First Day of School
- August 16** National Tell a Joke Day—ha ha ha ha ha
- August 17** Bedford County First Day of School
- August 18** Roanoke City First Day of School
- August 21** Senior Citizen's Day—remember to respect your elders
- August 24** Roanoke County First Day of School



Is There Really Such a Thing as Growing Pains?



School sports will be in full swing soon and young athletes everywhere will be hitting the courts, fields, pitches, and courses. If your active child is complaining of heel pain, however, he or she may feel like hitting the showers instead. One of the

most common reasons for a child to be sidelined with heel pain is a condition called Sever's disease—most prominent in active kids who just happen to be going through a growth spurt.

Yes, growing pains are for real!

In this case, the heel bone grows faster than its surrounding muscles and tendons, causing them to be pulled tight, and placing excessive stress on the heel's growth plate. A tight Achilles tendon can especially aggravate the problem and cause the tenderness, swelling, and pain of Sever's disease. Most often this occurs in growing girls between the ages of 8 and 13 and boys between 10 and 15. Physical activities played on hard surfaces and which involve lots of running and jumping add to the stress of the situation, increasing symptoms, including pain on either side and the back of the heel, stiffness, inflammation, and difficulty walking—much less running and jumping!

The problem eventually goes away once your child is done growing and the growth plate hardens into mature bone. While this process can definitely take some time, there are things you can do to help ease discomfort along the way. First and foremost, make sure your child's shoes fit and are appropriate for the sport in which he or she is participating. Replacing high-impact activities with low impact ones—like swimming and biking—will help recovery without having to slow your child down! Elevating the feet, icing the area, and taking recommended anti-inflammatory medication can all go a long way toward reducing pain. You might also want to try a compression stocking or elastic bandage to keep swelling to a minimum. Heel pads and orthotic shoe inserts can be a big help as well.

Find out more about Sever's disease and how we can help keep your child's feet happy and healthy as they grow. Just ask our expert staff.



Secrets to Successful School Fundraisers

Can you believe Botetourt County kids start school on August 11? Lucky Salem students don't go back until September 8. Soon it will be fundraising time for all the local schools. The key to school fundraisers that really work is being creative. Think of ideas that will bring in family and community support. Involve students and teachers as well as local businesses. Most importantly, remember to keep the "fun" in "fundraiser"! Here are a few ideas for a start:

- Hold a carnival
- Raffle off teachers to do yard work, play for a day, or help with charitable projects
- Organize an auction with donations from local businesses
- Collect cans and recyclables
- Set up a school garage sale
- (Fill in the blank) a-thon, whether it's dancing, reading, running, or walking!
- Have a movie night or talent show
- Create a discount card for local businesses
- Hold a bake sale or think up seasonal sales like pumpkins, wreaths, flower bulbs, etc.
- Who doesn't love a good old fashioned cake walk?
- Get Fido involved—hold a doggy social day
- (Your idea goes here!)



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Try the Hot Yoga Trend!

You've probably heard about the latest fitness craze hitting the nation—let's face it, hot yoga is a hot topic! How does it differ from other forms of this popular posing and stretching exercise? Well first of all it's performed in a hot and steamy studio—we're talking 105 degrees, with 40% humidity! Now you might wonder why in the world you would want to exercise in such severe conditions, but the fact of the matter is, the heat contributes to raising your heart rate and exhausting your muscles. In other words, it intensifies the workout! In fact, you can achieve the same amount of cardio holding a pose on a mat as you could running a mile.

Also known as Bikram yoga, a typical program covers 26 poses in 90 minutes. This vigorous series of intense postures is designed to engage all major muscle groups, increasing flexibility and strength. The hot and humid air forces you to breathe deeply—a key component to yoga of any kind. It also makes you sweat, detoxifying your entire body. Best of all, it's an awesome alternative therapy to heal injuries and prevent them in the future.

There are several hot yoga classes in the Roanoke and New River Valleys, so if health issues are not a concern, go ahead and give it a try. Of course you should always check with experts like us before you launch into a new routine. You should also drink plenty of water to stay hydrated, and stop if you feel at all dizzy or sick.

Remember hot yoga is super cool, but it's not for everyone!

