

- Women Runners Take Fashion Warning
- Bare Feet and Summer: Not the Safest Mix
- Warm Weather Walking Checklist

## Women Runners Take Fashion Warning

Runners often cite the wide array of health benefits—physical, mental and emotional—as their motivation to keep logging the miles. But like any strenuous physical activity, running can also lead to overuse injuries. One of those injuries affecting women in particular is a foot pain so intense that it prevents them from running at all—the painful neuroma.

A neuroma is a common foot condition, especially among women. Research has found that female runners are often plagued by intense foot pain that is caused by an unassuming culprit: fashion. Women tend to wear fashionable shoes that are narrow with pointed-toes only to then pound those squished, weary feet into the pavement on training runs. This pattern sets women up for a neuroma.

We find in our practice that active women who enjoy running are prone to neuromas, especially if they regularly wear narrow shoes and have flat feet. A neuroma occurs when a nerve located between the toes becomes enlarged and inflamed and produces tingling, burning pain. The most common type is a Morton's neuroma, which develops at the base of the third and fourth toes. Symptoms begin gradual and, left untreated, progressively worsen. Patients often complain that neuroma pain feels as if something is stuck inside the ball of the foot. Relief for the symptoms may come by massaging the foot, wearing wider low-heeled shoes and avoiding running or other activities that aggravate the condition.

Treatment options depend on how far the condition has progressed. At early stages, padding lessens pressure on the nerve, icing reduces swelling and over-the-counter anti-inflammatory medications or injection therapy decreases pain and inflammation. Prescription or custom orthotic devices provide support to reduce traction and stress to the nerve. Patients are advised to take a break from running or other aggravating activities until the condition improves. In severe cases, outpatient surgery to remove the affected nerve might be the best option to provide relief.



**The key to success is early treatment. If you experience pain in your feet, make an appointment with our office for a proper evaluation.**

## Bare Feet and Summer: Not Always the Safest Mix



Not only should you protect your feet from the sun's harmful rays, but take caution when thinking of going barefoot this summer. Summertime is primetime for puncture wounds and traumatic injuries to feet and ankles. The first and best defense to protecting your feet is to always wear shoes when outdoors.

### **Puncture Wounds**

Nails, shards of glass, splinters of wood, bits of shell at the beach, thorns from bushes and trees are all hidden dangers lurking in the grass and can easily puncture the skin of your foot. Even after you've attempted to remove the embedded object, many times dirt and bacteria that were pushed into the wound remain and can cause serious infections. Any puncture wound that has penetrated the skin should be treated in our office within 24 hours. Without proper treatment, this injury can result in not only infection, but painful scarring or development of a cyst.

### **Traumatic Injuries**

Accidents happen. Feet can get caught in the spokes of a bike. They may be hit by a rock or other object that flies out from the lawnmower. Sturdy shoes should always be worn when riding bikes or mowing the lawn. Any traumatic injury should be evaluated in our office to determine the extent of injury and proper treatment.

**Don't let a foot injury ruin your summertime fun — always remember your shoes!**



# Warm Weather Walking Checklist

Warm weather gives us a great time to get ourselves up off the couch and get on our way to better health. Don't let foot pain slow you down. Follow these helpful tips for your warm weather walks and enjoy the weather!

- ▶ *Wear supportive shoes.*
- ▶ *Wear 'moisture wicking' socks.*
- ▶ *Stretch muscles before and after your walk. If you've been inactive over the winter, don't overdo it. Gradually work into a walking program.*
- ▶ *Walkers can frequently experience heel pain, especially if you've been inactive during the winter months. Often ibuprofen and daily stretching exercises can provide relief.*
- ▶ *If you experience pain in your heels or ankles make an appointment with our office for a proper evaluation.*

**Don't let foot pain slow you down from enjoying the great weather!**



**Martin Foot  
and Ankle**



2300 Pleasant Valley Rd.  
York, PA 17402

2069 Carlisle Rd.  
York, PA 17408

1010 Eichelberger St.  
Suite 4  
Hanover, PA 17331

2112 Harrisburg Pike  
Suite 321  
Lancaster, PA 17601

**717-757-3537** all locations  
**800-456-0076**

[www.martinfootandankle.com](http://www.martinfootandankle.com)

**R. Craig Martin, DPM**  
CWS, FACFAS, FAPWCA  
FABWM, FCCWS

**Rick F. Martin, DPM**  
FACFAS

**Jeffrey A. Dunkerley, DPM**  
FACFAS, FAENS

**Michael B. Younes, DPM**  
FACFAS, ATC

**Bronwyn Wilke, DPM**  
FACFAS

**Keith F. Tyson, DPM**  
FACFAS

**Sonam T. Ruit, DPM**  
FACFAS

**Maria Kasper, DPM**  
FACFAS

**Kyle R. Yorgason, DPM**  
AACFAS

