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Fix Your Feet to Improve Your Golf Swing

This summer when you head to your favorite golf course, if your feet aren't up to par, your score probably won't be either. Here are some reasons why you should make sure your feet are in shape before you approach the tee.

Many golfers don't realize that foot pain can be an obstacle to the perfect golf swing. As your body transfers weight from one foot to the other during your swing, the nerves in the ball of your foot may become compressed or irritated, causing pain.

Another source for pain may be from your big toe joint. When you follow through on your golf swing, the big toe joint on the back foot may bend too far, eventually wearing out the cartilage or jamming the joint. The wear and tear can lead to painful arthritis.

Heel pain can also make it uncomfortable for you to keep a solid stance during critical parts of your swing, or to simply be on your feet all day as you walk the course.

If these areas are causing you discomfort, call our office to schedule an appointment. There are many treatment options available to help keep your golf swing pain-free.



Exercise Alternatives for People with Foot Pain

By now, we are well past "spring fever" and have made our way into the thrill of summer. For many people, this is the time when we take our exercise outdoors – we hit the jogging trails, head to soccer fields and walk around the neighborhood much more than we did in previous months. But if you suffer from foot pain, all of these activities can be uncomfortable. Your best options are to participate in activities that involve parts of your body other than your feet alone, like biking and swimming. These sports put little-to-no impact on your feet, yet can still serve as effective alternatives for cardiovascular activities such as running and walking.

With any exercise, it's important to start slowly and gradually work into a routine. Always be cautious when walking barefoot, as the dangers of foreign bodies, puncture wounds, poison ivy (among other contact dermatitis) and burns to feet are abundant in the summer and could ruin the health of your feet – and your fun – especially if you have diabetes.

If you notice a sudden increase in foot pain as a result of your workout or any of the barefoot risks mentioned here, call our office for an appointment.

Is this a Corn or a Callus?

Walking around in summer shoes or bare feet feels nice in these warm months – until you get a corn or a callus. With either of these conditions, you may notice some thick areas of skin on your feet, possibly even causing some pain, but how do you know which one you have?

CORN

Getting its name from its resemblance to a corn kernel, a corn is a small, circular, thickened area found in the skin of the foot. Corns are hard in the middle and usually form after repeated pressure on the skin, such as rubbing by a shoe on a toe.

CALLUS

When your foot rubs repeatedly against your shoe or sock, or even on cement or sand, the friction and pressure can cause the skin to produce a thick layer of protective skin called a callus. A callus can vary in size and does not have the hard center the corn has, so it may not be as painful as a corn.

Whether you have a corn or callus, don't try to remove the skin at home, as serious infection may occur. Also, for the same reason, it is important to avoid using medicated corn pads. If you think you might have either of these issues, make an appointment with our office and we can evaluate the best course of treatment for your particular condition.

