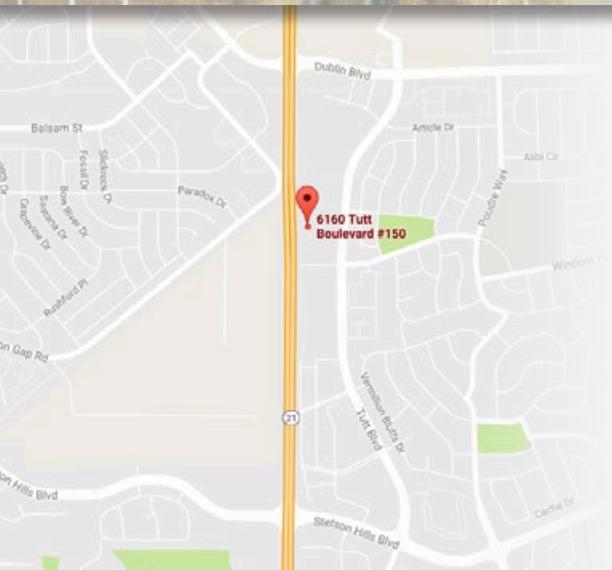




News and Updates

September 2017



## About the Doctor



JEREMY MCVAY, DPM

Dr. Jeremy McVay established McVay Foot & Ankle to provide comprehensive, compassionate foot and ankle care for the Colorado Springs and the surrounding area.

## Important News From Dr. McVay

Dear Patients,

I'm writing you to ensure that you understand some very important things concerning my practice and your health:

First, I am still practicing at my office location at 6160 Tutt Blvd., Suite #150 in Colorado Springs (there is a map to the left for those of you who are new to the practice). This is a wonderful location with great parking and easily accessible from Powers Blvd.

Second, I am the sole doctor in my practice and am no longer affiliated with any other podiatrists. This means when you come to my practice you will see me and no one else, other than the same outstanding staff you all know so well.

Finally, my commitment to your care is unwavering. But more than that, my staff and I are dedicated to not only providing the best medical care possible, we deliver that care in a compassionate, and understanding manner that always puts you, your health, and our doctor/patient relationship first.

It has been my privilege to serve all of you and the wonderful people who live here in the best city in the United States. I look forward to many more years of helping you put your BEST foot forward.

Dedicated to your health,

Dr. Jeremy McVay



# How Weight Affects Your Feet

Your feet not only hold up your entire body weight, but they actually move it around, too! That's a lot of stress to take and forces to absorb, even at a healthy weight, so you can imagine how excess pounds can really take their toll.

Carrying around an extreme amount of weight can certainly cause feet to become fatigued, but more than this, arches can collapse, heel pads can flatten, and joints can become weakened, leading to flat foot and heel pain as well as arthritis. It's also not uncommon to experience chronic swelling.

In addition, being overweight greatly increases your risk of heart disease and diabetes, and both of these conditions can have dangerous effects on the feet. Diabetic nerve damage can allow injuries to occur without your knowledge, and poor circulation slows the healing process. Because of this, even the smallest of scratches can wind up a serious ulceration and even lead to amputation.

Your feet have a tough enough job as it is – don't make it more difficult for them and put yourself at risk! You can avoid foot issues and other health problems by making a few lifestyle changes, including:

- Eating a healthy diet
- Exercising regularly (start slowly and build gradually; choose low impact activities)
- Wearing comfortable, supportive shoes
- Using orthotic shoe inserts for added cushion and support, and even distribution of weight
- Taking breaks if you are on your feet for extended periods of time

If you need help with any of these measures, just ask! We'll be happy to assist you (and your feet will thank you for it)!

## Mark Your Calendars

**September 4** Labor Day – let the school lunch packing begin!

**September 13** National Peanut Day – go nuts!

**September 16** Collect Rocks Day – a good excuse to head outside.

**September 21** World Gratitude Day – tell someone thank you.

**September 22** Autumn Equinox – good bye summer, hello fall!

**September 22** Elephant Appreciation Day – why not share one of your peanuts?





# Solutions for a Stiff Big Toe

If you think about it, your big toe has to bend and push off every time you take a step. So, if arthritis sets into the joint causing bones to rub together, spurs to form, and the toe to become stiff, well, that can obviously make walking difficult, much less any of your favorite activities!

This condition is called Hallux Rigidus, otherwise known as a stiff big toe. It can be quite painful, but luckily there are solutions.

Physical therapy can help, as can ice and anti-inflammatory medications. Shoe modifications to accommodate your big toe can be beneficial as well. Look for a large toe box and stiff or rocker-bottom soles that offer support and reduce the amount of bending your toe has to do. Custom orthotics are another option that can help improve foot function as well as divert pressure away from the problem area. If all else fails, there are surgical procedures that can be performed to restore range of motion and ease painful symptoms.

If you have a stiff big toe, let us know! We can help you get back to walking – and whatever else you like to do! – pain-free.



# Achilles Tendinitis Tips to Keep You in the Game

Let the games begin! Fall sports of all kinds are kicking off, and every athlete wants to start the season strong. If you're training too hard, though, it can take its toll, especially on your Achilles tendon.

Achilles tendinitis is an overuse injury and often occurs in those who increase the duration and intensity of their workouts too quickly. To avoid this sidelining condition, it's best to gradually boost your training and be sure to warm up properly beforehand. The right shoes make a difference, too. Make sure yours offer plenty of cushioning and support to reduce tension placed upon your Achilles. Orthotics can provide additional help as well.

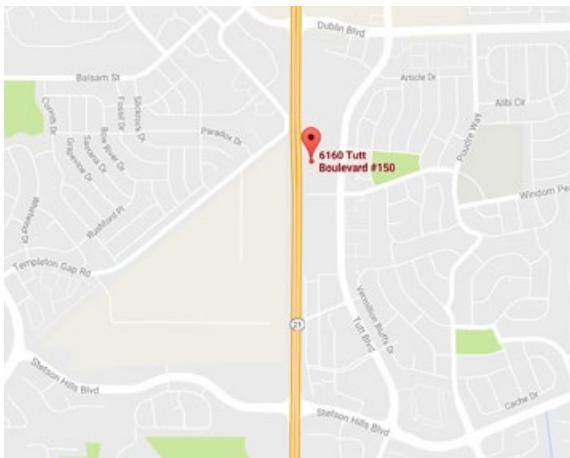
Another great prevention method is cross-training. Alternating low-impact activities—like biking and swimming—with your high impact workouts can help minimize stress on the tendon. Strong calf muscles can do so as well, so try strengthening exercises like rising up and down on your toes.

Finally, if you do feel pain, rest! Avoid running, especially on hilly terrain, and ice the area to reduce inflammation. A little patience will go a long way here. Coming back too early can make the problem worse and even encourage future flare-ups.

Follow these tips and by the time the ref blows the whistle, you'll be more than ready to play! Just ask our friendly staff if you want to find out more.



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## When Tendons Tear



Unless it's popcorn, hearing a popping sound is typically not good! It's a tell-tale sign that a tendon has torn and unfortunately, pain will be following closely – much less enjoyable than a buttery handful of goodness! The situation is especially unenjoyable if we're talking about your Achilles. As the largest and strongest tendon in your body, the Achilles has a big job to do – helping you run, jump, change directions, step, push off, pivot, and basically move. Most of the time, it's up to this

enormous challenge, however, even your Achilles tendon has its limits. Overuse can cause it to weaken, and certain situations can cause it to be tight, until one day it no longer can withstand the stress placed upon it, and it ruptures.

Besides the popping noise, you can expect pain, swelling, and an inability to bear weight – you can also expect a long recovery and rehabilitation, usually following a surgical procedure.

While you can't always prevent such an injury, you can take steps to at least try! Stretching your calf muscles and breaking up high-impact activities like running with lower impact options like swimming and yoga can help keep your Achille's tendon limber and less-stressed. Avoiding hard surfaces when working out and making sure to gradually increase the intensity and duration of your fitness routine can also go a long way toward preventing a tendon tear.

Follow these tips and hopefully the only popping sound you'll hear is from popcorn, and not from your Achilles! Of course, if your tendon does tear, we're here to help!