

INSIDE THIS  
ISSUE:

That Pain In Your  
Back...

Foot Push-Up  
Test

Sunscreen On  
Your Feet

*We take care of your feet...so they'll take care of you!*

# Foot & Ankle Centers

## THAT PAIN IN YOUR BACK COULD BE LINKED TO YOUR FEET

If your lower back has been hurting, and you don't remember doing anything to injure it, the source of your pain could be your feet! Foot pain is something that many people try to ignore. After all, doesn't everyone's feet hurt now and then? But if foot pain is something that has been with you for quite awhile, it could be causing problems in your ankles, knees, hips and even your back.

That old song, "The leg bone's connected to the thigh bone...The thigh bone's connected to the hip bone..." tells the whole story. Our bodies are like a chain, with one link—or bone—connecting at the joint to another link. Think about what would happen if the first link in the chain was out of position. The point at which it meets the next link would eventually overstress that link and adversely affect the entire chain.

That's what happens when we have foot pain. If the normal way of walking is painful, we instinctively change our walking pattern. Say you have arthritis, and your big toe joint hurts, so you change your gait to avoid bending the joint when you walk. Changing your gait changes the mechanics of your ankle joint, eventually causing ankle pain. This change in your walking pattern can also affect the whole chain of your lower body... from the ankle, to the knee, to the hip, and then to the lower back.

When foot pain or a foot deformity causes you to change the way you walk, it changes the way the bones of all those other joints move with each other. Cartilage in the joints can wear down, ligaments and tendons can be stressed beyond their normal range, and arthritis can set in.

### FOOT PUSH-UP TEST

Take this simple test to check how well your arches are performing their important functions.

1. In bare feet, stand facing a kitchen counter.
2. Place your palms on the counter with slight pressure.
3. Stand with your back straight, and lift one foot off the floor.
4. Slowly lift the heel of other foot, placing all of your weight onto the ball of your foot.
5. Slowly lower your heel back to the floor.
6. Do 10 foot push-ups.

Repeat steps 1 - 6 with the other foot.

Continued  
next page...

If your feet or ankles aren't working right, don't ignore them! Contact a foot and ankle surgeon for an evaluation. Your back (and knees and hips) will thank you!



THE  
**SHOE STORE**  
@ 5111 Juan Tabo  
Come in & see what we have for you!

# FOOT PUSH-UP TEST CONTINUED . . .

## AND NOW THE RESULTS...

### Did you have problems doing just one push-up?

If you cannot rise up onto the ball of your foot without putting lots of pressure on your hands, leaning over the counter or experiencing pain, your arch may have a mechanical problem. The arch tendon can stretch or rupture, leading to lowering of the arch. A foot and ankle surgeon should be consulted as soon as possible.

### Were you able to do all 10 without a problem?

If you can easily rise up onto the ball of your foot, but have difficulty performing all 10 repetitions, you may be suffering from arch fatigue. Exercises focusing on strengthening and stretching leg muscles will help this problem. The foot push-up described above can also be used as an exercise technique.

### Did you have pain in your arch during the exercise?

If you can easily rise up onto the ball of your foot but experience pain in your arch, your arch may be inflamed and may have been overworked. Consulting a foot and ankle surgeon for weak and overworked arches is recommended to manage the problem and keep your feet healthy and free of pain.

LIKE US ON FACEBOOK



...and you'll be entered in our drawing to win a FREE pair of Crocs

Drawing will be held on 09/01/12

Our lucky July winner!

Congratulations Samantha Z.

## SUNSCREEN ON YOUR FEET?

### DOCTORS URGE SUNSCREEN USE AND EXAMS TO PREVENT SKIN CANCER ON FEET

When at the pool or lake we all lather up with sun screen to protect our skin from the harmful rays of the sun. But do we remember to apply sunscreen to our feet?

Many don't realize skin cancer can occur on the feet from unprotected sun exposure, and overlook applying sunscreen to the area. But, physicians from the American College of Foot and Ankle Surgeons warn skin cancer of the foot is prevalent and can even be fatal if not caught early.

While all types of skin cancer, including squamous cell and basal cell carcinoma, can be found on the foot, the most common is the most serious form, melanoma. Symptoms can be as subtle as an abnormal-looking mole or freckle found anywhere on the foot, and often go unnoticed without routine foot exams.

According to foot and ankle surgeons early diagnosis is key to effective treatment for the condition. But because people aren't looking for the early warning signs or taking the same precautions they do for other areas of the body, often times skin cancer in this region is not diagnosed until later stages.

We advise our patients to regularly inspect their feet, including the soles, in between their toes and even under their toenails, for any changing moles or spots and to have any suspicious areas promptly examined by a foot and ankle specialist.

Questions? Contact us at [questions@nmfootandankle.com](mailto:questions@nmfootandankle.com)

NEW MEXICO

Foot & Ankle  
CENTERS

5111 Juan Tabo Blvd. NE

Albuquerque, NM 87111

505.880.1001

4801 McMahon Blvd. NW, #110

Albuquerque, NM 87114

505.872.3333