


NEW MEXICO Foot & Ankle INSTITUTE

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Winter's Balancing Act

THE WRONG BOOT COULD LEAD TO ANKLE, FOOT INJURIES



**When you STOP
believing in Santa you
get socks!**



Winter's popular women's boots typically feature tall, spiked heels and narrow, pointed toes. These boots can make your feet unstable on snow- and ice-covered surfaces.

A stylish low-heeled winter boot is a lot more fashionable than a cast and crutches. We recommend women scuff-up the soles of new boots, or purchase adhesive rubber soles, to provide greater traction.

Falls from high-heeled winter boots can lead to a number of injuries, depending on how you lose your balance. If your ankles roll inward or outward, you can break your ankles. If your ankle twists, ligaments can be stretched or torn, causing an ankle sprain. Broken and sprained ankles can be present at the same time. Slipping or falling in these boots can also cause broken toe, metatarsal and heel bones.

If you do get hurt, call a foot and ankle surgeon for prompt evaluation and treatment. In the meantime, the "R.I.C.E." method should be followed. This involves:



Take care of your MISTLE-TOES

this holiday season...

Has all of the holiday preparations been hard on your feet?

**Take a few minutes
and
TREAT YOUR FEET!**

Come by one our offices and you will find BioFreeze to rub on your feet after a long day of shopping.

Company Christmas party tonight? We have a beautiful selection of Dr. Remedy nail polishes to choose from.

Cold feet? We have socks & Dr. Comfort slippers in stock to warm you up.



Rest. Stay off the injured foot, since walking can cause further damage.

Ice. To reduce swelling and pain, apply a bag of ice over a thin towel to the affected area. Do not put ice directly against the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

Compression. An elastic wrap should be used to control swelling.

Elevation. Keep the foot elevated to reduce the swelling. It should be even with or slightly above the heart level.

Tips to avoid winter ankle injuries:

- Keep areas around outside doorways well-lit so icy patches are visible
- Wear shoes or boots with a traction sole that can prevent slipping
- Check for slippery spots before getting out of a car or walking on stairs
- Avoid wearing high-heeled shoes outdoors
- Stretch and warm up before outdoor and indoor physical activities



**New Mexico Foot & Ankle Institute
Dr. Ivey, Dr. Williamson & Staff**

**LOVE your FEET
...WE DO**

Got Gout?

Holiday Season Triggers Painful Toes

Got gout? If so, watch what you eat and drink during this holiday season.

Changes in diet, including overindulging in certain foods and beverages, can cause gout attacks this time of year.

Gout attacks are extremely painful. They are caused when uric acid accumulates in the tissues or a joint and crystallizes. This most commonly occurs in the big toe joint, because the toe is the coolest part of the body and uric acid is sensitive to temperature changes.

ACFAS foot and ankle surgeons say foods that are high in purines contribute to uric acid build-up.

They recommend that people prone to gout attacks avoid purine-rich items such as shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.), red meat, red wine and beer.

Gout can be treated with medications, diet changes, increasing consumption of appropriate fluids, and elevating and immobilizing the foot.

We carry the following shoe brands:



orthaheel®



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Levelast

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

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