



---

# Put Your Best Foot Forward This Summer

David T. Hehemann, DPM  
July 16, 2024



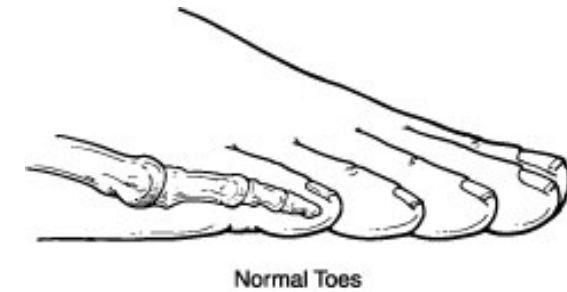
# Today, we'll talk about:

- Common foot complaints
- What you can do at home
- When to see a MetroHealth podiatrist



# Hammertoes

What	Treatment at home
A bending deformity of joints in the second, third, fourth or fifth toes that gets worse over time	<ul style="list-style-type: none"><li>• Wide toe box shoes</li><li>• Mesh shoes</li><li>• Budin splint</li><li>• Corn pads (non-medicated)</li><li>• Toe spacer and crest pad</li></ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"><li>• Toe pain when wearing shoes</li><li>• Corns/calluses on toe or ball of foot</li><li>• Redness</li><li>• Burning sensation</li><li>• Noticeable bend</li></ul>	<ul style="list-style-type: none"><li>• Orthotic devices</li><li>• Surgical reconstruction<ul style="list-style-type: none"><li>• Joint fusion</li><li>• Arthroplasty</li><li>• Tendon balancing</li></ul></li></ul>



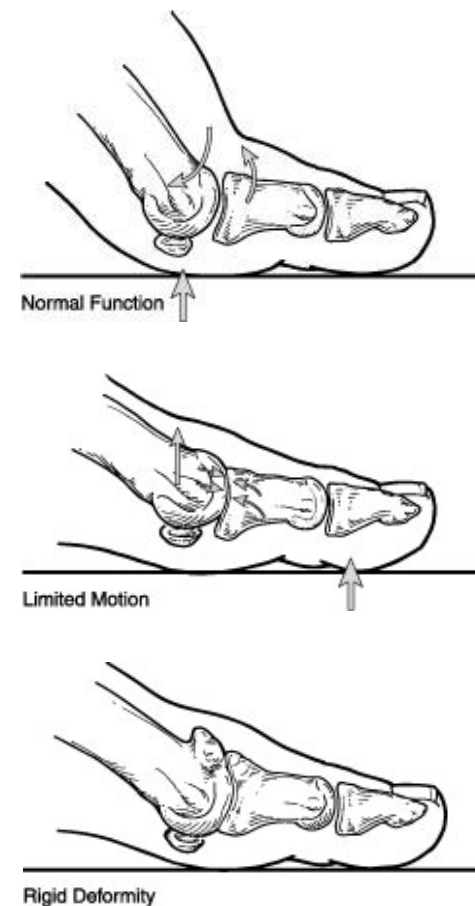
# Bunions

What	Treatment at home
Misalignment of bones that causes the big toe to lean toward the second toe; gets worse over time	<ul style="list-style-type: none"><li>• Over-the-counter shoe inserts (Superfeet or Powerstep)</li><li>• Wider shoes</li><li>• Bunion sleeves</li><li>• Carbon fiber inserts (joint pain)</li><li>• YogaToes</li></ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"><li>• Bump on outside of big toe</li><li>• Big toe bends toward second toe rather than straight ahead</li><li>• Pain or soreness</li><li>• Inflammation and redness</li><li>• Burning sensation</li><li>• Numbness</li></ul>	<ul style="list-style-type: none"><li>• Anti-inflammatory injections</li><li>• Surgical reconstruction<ul style="list-style-type: none"><li>• Type depends on foot structure and activity level</li></ul></li></ul>



# Big Toe Joint Arthritis

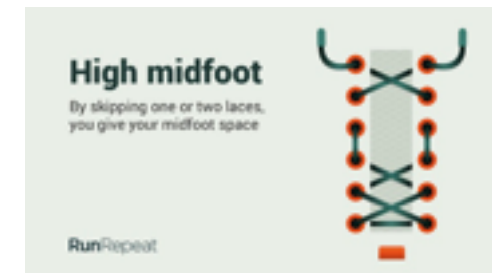
What	Treatment at home
Also called hallux rigidus, a disorder that prevents the big toe from moving; gets worse over time	<ul style="list-style-type: none"><li>• Deep toe box shoes with mesh to accommodate spurring</li><li>• Voltaren gel</li><li>• Rocker bottom shoes<ul style="list-style-type: none"><li>• (Hoka)</li></ul></li><li>• Carbon fiber insert</li><li>• Stiff soled shoe</li></ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"><li>• Pain and stiffness during:<ul style="list-style-type: none"><li>• Walking/standing</li><li>• Cold/damp weather</li><li>• Running, squatting or lunging</li></ul></li><li>• Swelling</li><li>• Inflammation</li></ul>	<ul style="list-style-type: none"><li>• Anti-inflammatory injections</li><li>• Surgical reconstruction<ul style="list-style-type: none"><li>• Type depends on arthritis site and activity level</li></ul></li></ul>





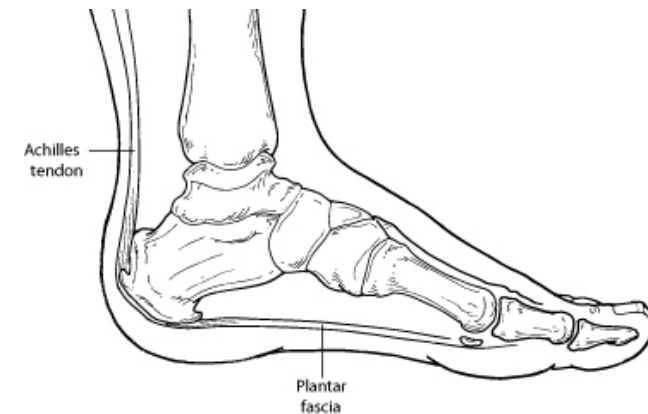
# Midfoot Arthritis

What	Treatment at home
Often osteoarthritis, a disorder where cartilage at top of foot wears out and causes the small bones to rub against each other	<ul style="list-style-type: none"> <li>• Treatment at home</li> <li>• Voltaren gel</li> <li>• Alternate lacing pattern</li> <li>• Stretching program</li> <li>• Stiff soled shoe</li> <li>• Rocker bottom shoe</li> </ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"> <li>• Pain and stiffness</li> <li>• Swelling</li> <li>• Inflammation</li> <li>• "Start-up pain" with first few steps of day or after sitting</li> <li>• Bony prominence in midfoot</li> </ul>	<ul style="list-style-type: none"> <li>• Prescription anti-inflammatories</li> <li>• Anti-inflammatory injection</li> <li>• Surgery to remove spur or fuse joint</li> </ul>



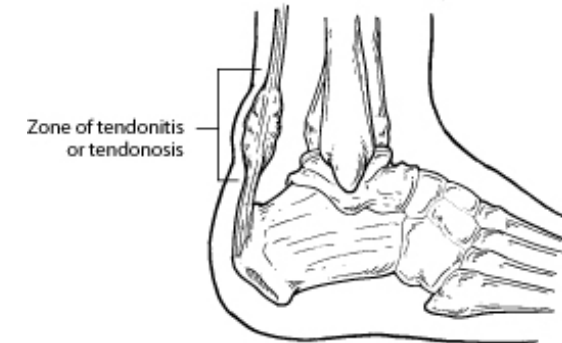
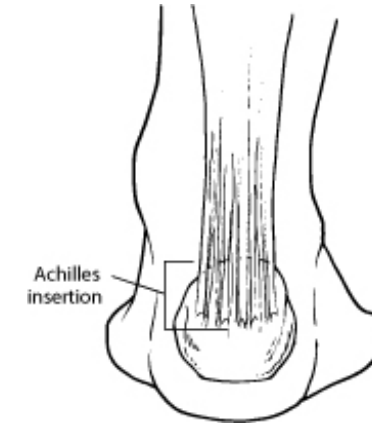
# Plantar Fasciitis

What	Treatment at home	Treatment at MetroHealth
Tissue inflammation that extends from heel to toes under the foot		
Symptoms:		
<ul style="list-style-type: none"> <li>• Pain or swelling on bottom of heel</li> <li>• Pain in the arch of the foot</li> <li>• “Start-up” pain</li> <li>• Increasing pain</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid barefoot walking</li> <li>• Stretch 3x/day</li> <li>• Roll a frozen water bottle under your foot</li> <li>• Over-the-counter arch support inserts (Superfeet or Powerstep)</li> <li>• Vionic sandals (arch support)</li> <li>• Supportive sneakers</li> <li>• Night splints</li> </ul> <p>It may take some time to find the solution that provides you with relief.</p>	<ul style="list-style-type: none"> <li>• Prescription anti-inflammatories</li> <li>• Anti-inflammatory injections</li> <li>• Physical therapy</li> <li>• Surgical release of fascia                             <ul style="list-style-type: none"> <li>• Most do not require surgery</li> </ul> </li> </ul>



# Achilles Tendonitis

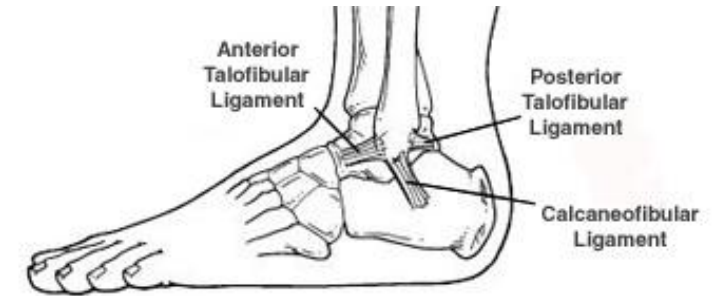
What	Treatment at home
Inflammation of the Achilles tendon (band of tissue that connects calf muscle to heel bone); can lead to tendonosis, or degeneration of the tendon	<ul style="list-style-type: none"><li>• Stretching program</li><li>• Eccentric heel drops</li><li>• Voltaren gel</li><li>• Open back shoes</li><li>• Silipos gel sleeve</li></ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"><li>• Pain, aches, stiffness and soreness within the tendon</li><li>• Tenderness when sides of tendon are squeezed</li><li>• Pain at the back of the heel</li></ul>	<ul style="list-style-type: none"><li>• Prescription anti-inflammatories</li><li>• Physical therapy</li><li>• Boot and heel lifts</li><li>• Heel sleeves</li><li>• Surgery</li></ul>





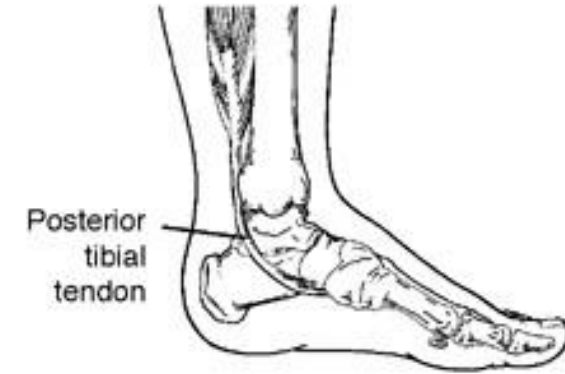
# Ankle Sprains

What	Treatment at home
Injury to ligaments resulting from a fall or sudden twist; can be stretched, partially torn or completely torn	<ul style="list-style-type: none"><li>• RICE (Rest, Ice, Compression, Elevation)</li><li>• Strengthening bands: Spell ABCs</li></ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"><li>• Pain</li><li>• Soreness</li><li>• Swelling</li><li>• Bruising</li><li>• Difficulty walking</li><li>• Joint stiffness</li></ul>	<ul style="list-style-type: none"><li>• Walking boot</li><li>• Lace-up ankle brace</li><li>• Physical therapy after 6-8 weeks</li><li>• MRI to assess surgical need</li></ul> <p>Severe sprains should be assessed right away.</p>



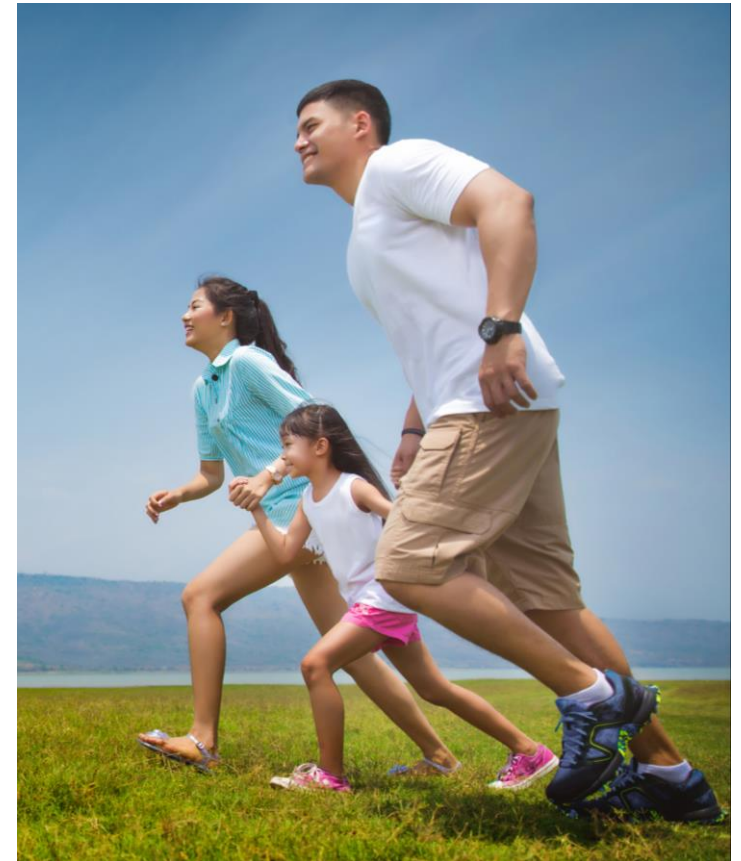
# Flat Feet

What	Treatment at home
Changes or structural issues from birth; lack of support in the arch, resulting in the flattening of the foot	<ul style="list-style-type: none"> <li>• Over-the-counter orthotics</li> <li>• Avoiding memory foam shoes</li> <li>• RICE (Rest, Ice, Compression, Elevation)</li> <li>• Lace-up ankle brace</li> </ul>
Symptoms:	Treatment at MetroHealth
<ul style="list-style-type: none"> <li>• Pain</li> <li>• Swelling</li> <li>• Flattening of arch</li> <li>• Inward rolling of ankle</li> </ul>	<ul style="list-style-type: none"> <li>• Physical therapy</li> <li>• Custom orthotic</li> <li>• Custom brace</li> <li>• Walking boot</li> <li>• Surgery</li> </ul>



# Keep Your Feet Healthy This Summer

- Stabilize your foot with Superfeet and Powerstep inserts
- Use ibuprofen and Tylenol for pain (read label)
- Use Voltaren gel for arthritis pain
- Ice: 20 minutes on, 20 minutes off
- Stretch and strengthen
- Avoid barefoot walking
- Choose activity-appropriate shoes
- Reduce activity with pain



# Choose Good Footwear

- Use carbon-fiber inserts as needed for stability
- Choose wide toe box shoes
- Choose shoes with mesh

## Ideal brands:

Brooks, Hoka One, Merrell, Asics, New Balance, Vionic

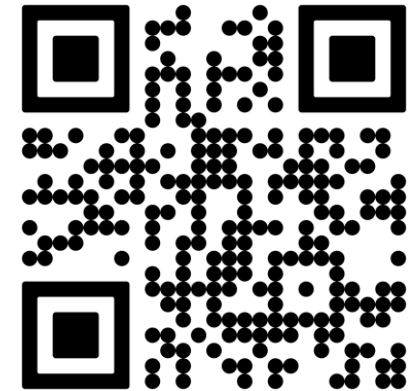


# What You Should Do

**Try conservative measures first.**  
**Then call MetroHealth.**

**Call us if:**

- Your condition isn't improving
- You're:
  - Limping
  - Altering your stride



**MetroHealth Podiatry**  
[metrohealth.org/podiatry](https://metrohealth.org/podiatry)  
216-778-2457

# Your Questions:

What can be done with a lump on the joint of the big toe? It does cause pain.



# Your Questions:

My orthotics need to be replaced.  
What are my options?



# Your Questions:

Do corns ever go away?





## ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit [metrohealth.org](https://metrohealth.org).**

connect @metrohealthcle

