

In Step

by Dr. Arthur Lukoff

M.T. has been a patient for many years. Today she limped into the office with a new problem. M.T. has recently started to have pain in the heel of the right foot. This was a similar problem, which we had addressed and treated about ten years ago. A pair of orthotics cured her of her pain.


She has been fine and not worn the orthotics for many years. She said she didn't remember even where they were. This new heel problem had a new twist. The heel hurt walking down steps.

An examination of the right foot showed normal movement in all directions except the ankle. The amount of bend of the ankle was less on the painful foot.

We found two sore areas. One was one the back of the leg about three inches up from the heel. This was the area that hurt walking down the steps. This is the typical spot for Achilles tendonitis pain. The second sore area was on the bottom of the foot, the usual spot for Fasciitis.


A soft mold was fitted to lift up the arch and support the bottom of the foot. An Achilles tendon stretching program was also explained and demonstrated. Icing the sore areas was also suggested.

When M.T. returned to the office in 10 days she was doing much better. She could go up and down steps with no pain and the bottom of her foot was about 90 % healed. She returned in another ten days and she was pain free.

The tightness of the Achilles tendon put a strain not only on the tendon but also on the bottom of the foot. Remember the old song the hipbone is connected to the thighbone. It is still true today. 

Flowers!

by Elyssa Garcia, *grade 5*

Roses are as pretty candy,
Lilacs are my favorite flower,
Daffodils yellow like the sun,
Lupines standing like a tower,
Daisies come in every color,
And every shape and size,
The world of spring is a garden,
Stared at in awe with thousands of eyes,
Crocuses standing tall,
Though they're smaller than the world,
Lilies smell of heaven's garden,
And bleeding hearts have a straight heart, but lives are curled! 

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