



Keeping Your Feet Happy at Work

Whether you sit at a desk, serve others all day on your feet, or traverse sites in steel-toed boots, your feet might stand to receive better treatment. Work is often a big enough part of the day as it is; don't neglect your foot care until you get home!

Here are some tips for keeping your feet happier at work:

- **Make sure you're wearing the right shoes.** Whether simple flats or boots, make sure they fit properly and provide good arch support to reduce fatigue and soreness. If your shoes aren't doing the trick, insoles or orthotics can help.
- **Stretch regularly.** You might think a desk job leaves little worries for your feet, but long periods of motionlessness can create circulation problems over time. Take time every hour or so to get up, move your feet, and even perform stretches such as heel raises.
- **Adjust your flooring (if possible).** Standing on hard surfaces for long hours can lead to pain. If you can, opt to stand on a softer mat instead.
- **Do some desk massages.** This is safer for work than it sounds. Take a tennis ball or baseball and roll it beneath your feet under your desk. This can help stretch foot muscles and keep circulation flowing, just like getting up and stretching (but don't use either as a substitute for the other!).

If you have persistent foot or ankle pain at work, and nothing seems to be helping, we can help you find the changes and treatments you need for relief. Work may keep you on your feet, but it doesn't have to hurt them!

About the Doctor

Marizeli Olacio, DPM, AACFAS



Dr. Marizeli Olacio is the founder and director of Omega Medical Group (OMG). She is a Miami-based podiatrist specializing in foot and ankle surgery, sports medicine, charcot

reconstruction, diabetic limb salvage, flatfoot correction, pediatrics, and wound care. She graduated from the Barry University School of Podiatric Medicine and completed her residency at Mercy Hospital in Miami, where she worked with professional athletes including the Miami Heat players. She established OMG to help people of all ages and walks of life reach their personal goals while remaining as active as possible. As a foot and ankle specialist it is her priority to educate each patient on their pathology, to ensure they are given the individual treatment deserved, from pediatrics to adults. She is committed to providing results that keep your feet in step for better health.



Causes of Ball of Foot Pain

It's not in your toes, and it's not in your heel. It's that space just in front of your arch! What's going on when that part of the foot is feeling pain?

There is a general term for pain in the ball of the foot: metatarsalgia. We don't blame you if you don't use the word; it's kind of a mouthful. Metatarsalgia refers to the metatarsals, the bones that connect the bases of your toes to the center of the foot. Their job is to help distribute your weight evenly over your foot when you stand, walk, or run.

Pain in the ball of the foot can range from a dull ache to a burning or sharp, shooting sensation. In many cases, the cause is some kind of injury or abnormality affecting the metatarsals. These can include:

- A bone abnormality, usually caused by genetics, arthritis, or injury. A very common example is having an overly long metatarsal.
- High arches or flat feet, which can both add abnormal pressure to the metatarsals. (Hammertoes might also do this.)
- The protective fatty pad on the ball of your foot thinning out or shifting over time, providing less protection against impacts.

Whatever the cause of your ball of foot pain may be, don't just let it linger! Conservative treatments can often provide the pain relief you need, and more advanced treatments are also available if necessary. Stay on the ball with your foot health by letting us know of any pains or problems you might have!

Mark Your Calendars

- June 3** National Repeat Day – Repeat a special time with a loved one!
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- June 6** National Running Day – Remember to ease into any new running program
- June 13** National Weed Your Garden Day
- June 17** National Eat Your Vegetables Day (even the Brussel sprouts!)
- June 21** National Daylight Appreciation Day (and the Summer Solstice)
- June 26** National Beautician's Day – Provide a little extra tip
- June 28** National Handshake Day – But remember to wash your hands!
- June 30** National Meteor Watch Day



How to Build Balance and Keep Ankles Steady

Our ankles play vital roles in keeping us upright and in balance. However, injuries and general wear and tear over time can lead to weakness and instability in the ankles, increasing the risk of falls and further injuries.

Building your ankle strength is a good investment in a steadier future. The following exercises are tailored toward doing just that, as well as honing your sense of body placement. We must stress that you speak with us or another professional before starting a steady program, however—especially if you already have weak ankles or are recovering from a sprain or other ankle injury.

- **Alternating Toe-Heel** – Sit in a chair that lets your foot hang comfortably about 2 inches off the ground (books or pillows can help add some extra height). Tap your heel and then your toe against the ground, starting at a slow pace and building up to a fast but controlled rhythm. Three sets of 50 reps each is often recommended.
- **Side-to-side** – Sitting in the same position as the above exercise, now move side to side. Touch the outside edge of your foot on the ground and then your foot's inside edge. Both touches equals one rep. Start slow and build again for three sets of 50 reps.
- **Single Leg Balance** – This one's easy, at least in concept: stand on one leg for 30 seconds, without support unless you absolutely need it. Repeat six times with each leg, starting with eyes open, then moving to eyes closed once confident.



How to Make Pancakes Healthier

We know that pancakes are not a dish we could take away from many fans. They'd tell us to pry the syrup from their warm, sticky fingers! While white flour and sugar don't tend to be the most beneficial choices for a healthy diet, a few decisions can make this classic plate better for you.

Here's how to hack your flapjack:

- **Go Homemade** – Those boxed mixes don't give you much control. Toss 'em and go homemade instead! Recipes don't take long: usually about 5 minutes to whip up what you need.
- **Add Oats to Your Batter** – Both rolled and quick oats are effective additions, especially if you like soft and chewy textures.
- **Replace Eggs with Mashed Bananas** – Instead of an egg, mash up a banana with a fork and add it instead. We probably don't have to tell you this will add banana flavor.
- **Replace Fat with Applesauce** – This is one of the better known tricks, but still effective! If you need half a cup of oil, use half a cup of applesauce instead.
- **Replace Syrup with Maple Yogurt** – 3 ounces of plain Greek yogurt with a teaspoon of maple syrup mixed in can be a delicious substitute for syrup alone, and replace plenty of empty calories.

Experiment with different mixes until you find what you like. Viva la pancake!



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If any questions or concerns or want to make an appointment today, contact us:

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Does My Hammertoe Need Treatment?

A hammertoe, unfortunately, is not something that will go away on its own. This toe deformity often arises due to an imbalance of muscles and ligaments around the toe joints, leading to the toes resting in their bent positions.

But does having a hammertoe necessarily mean something must be done about it? Well, in most cases, the answer is yes; it's the range of what needs to be done that can vary.

Treatment for hammertoes falls into two general categories: management and correction. If a hammertoe is in an early stage and causing only mild-to-moderate discomfort, the goals may likely lean more toward managing the condition. Treatments may include a change in shoes, the use of custom-orthotics, and/or exercises and medication to reduce pain and swelling. This can increase comfort while helping the hammertoe from worsening.

Sometimes, however, conservative treatments don't work. In these cases, and in cases where the deformity is severe, pain is intense, or there are risks for wounds and infection, surgery is more likely to be considered as an option.

Even if your hammertoe is not causing you any detectable problems at the moment, it is always best to talk to your podiatrist about it. Managing the condition early on is much easier than waiting until more advanced measures are needed.