



# FEET FIRST!

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Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

## The High Cost of Wearing Those Heels!

Women's fashion and functional footwear – are they really mutually exclusive? Or...can women's shoes still be stylish and smart without causing undue stress and damage to the feet?

Please don't get us wrong here – we actually love to see you come into our office. But, when you continue to wear shoes that you have to squish your toes into and you grimace when you have to stand in them for more than five minutes, then we start to wonder if the "price" of wearing those heels is really worth it to you. And – if it is, why? Hmm, maybe a "head" doctor, rather than a foot doctor, would be better able to explain that!

What is the price? The "price" is pain that starts with the front of your feet. A one-inch heel places 22% more pressure on the front of your feet than a flat heel. A two-inch heel places 57% more pressure and a three-inch heel places a whopping 76% more pressure on the front of your feet!

And that's just the start of the damage caused by wearing high heels. The balls of the feet now carry the majority of your body weight. This can cause a condition known as *metatarsalgia* – pain on the top of your feet in the area right before your toes.

Moving on to the heels, sling back straps and rigid shoe heels often create a condition called "Pump Bump," a bony enlargement on the heel of the foot caused by your shoe rubbing against the heel and irritating it.

Ankles? Well, high heels *do* affect your balance, so you're prone to fall more often, which is likely to cause ankle sprains or breaks.

Moving on up, heels put a strain on the *Achilles tendon*, causing it to tighten and shorten. Keep wearing them and, over time, the Achilles tendon will become stretched and inflamed when you try to wear flat shoes!

The calf muscles also tighten and shorten with prolonged high heel usage, causing pain in the ball of the foot, the knee, the hip and/or the back.

Walking on high heels throws your whole body forward – your hips, shoulders, back and spine go out of alignment, affecting posture and leading to severe leg and back pain.



**Wearing high heels can cause problems to the feet, ankles, legs, knees, hips and back that may require extensive surgery and downtime.**

When the body is in this "forward" position, additional pressure is exerted on the knee as well. This can lead to arthritis in the knee – a degenerative joint condition.

Doesn't it make sense that your shoes should conform to the shape of your foot and not the other way around. Non-conforming, too tight or too-small shoes will eventually take a toll on your feet.

Remember, flat or low-heeled shoes with a wide toe area work best...and keep the heels for those special occasions only!

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**Office Hours:**

Monday: 9:00 – 5:00  
Tuesday: 9:00 – 5:00  
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*Quote of the  
Month...*

***"Why isn't there  
a special name  
for the tops of  
your feet?"***

Lily Tomlin

## About Our Practice

Podiatric Medicine and Surgery is a medical specialty that deals with conditions of the foot and ankle.

Podiatric physicians, who are sometimes called foot doctors or foot and ankle surgeons, treat many conditions of the foot and ankle, including sprains, fractures and other trauma, calluses, plantar warts, bunions, ingrown toe nails, and diabetic foot problems.

The foot and ankle are the foundation of your entire body. Since your entire upper body rests on your feet, it is essential to maintain a proper base of support.

Therefore, it is imperative that you take the necessary steps to insure that the foot and ankle are always in their optimal corrected alignment. Keeping a

"leg up" on any problems or symptoms you may notice helps to insure that you have a more comfortable lifestyle.

Dr. Tomassi is Board Certified by the American Board of Podiatric Orthopaedics & Primary Podiatric Medicine.

He received his podiatric education at the Ohio College of Podiatric Medicine and has been in private practice since completing his post-graduate residency in Youngstown, OH.

Dr. Tomassi has held many positions on professional boards and received numerous distinguished awards.

In addition, Dr. Tomassi is extremely involved in charity activities. He provides Christmas dinners each year to needy area families (since 1988) and provides lower extremity screenings

each year to Special Olympics athletes.

Dr. Dan Olson attended Gannon University (Erie, PA) where he received a bachelor's of science degree. He also received his podiatric education at the Ohio College of Podiatric Medicine in Cleveland.

Dr. Olson is an Associate Member of the American College of Foot and Ankle Surgeons and is board qualified by the American Board of Podiatric Surgery.

He is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association in which he serves as secretary of the Erie/Northwest Division.

At Baycity Associates in Podiatry, we are confident that we can help you with any foot or ankle challenge you might have and we look forward to serving you!