



# 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!

## Special Care for Athletes' Feet



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*Fellow American College of Foot and Ankle Orthopedics and Medicine*

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Athletes' feet require some special attention. No, not Athlete's Foot, an itchy and annoying fungal infection of the feet that anyone can get (not just athletes!) – what we're referring to here are athletes' feet!

When it comes to athletes, we not only focus on the treatment of sports-related injuries, we also provide you with advice on how to avoid them in the first place.

If you engage in winter sports, such as skiing, skating and ice hockey, you need to make sure that you use proper footwear and thick socks that "wick" away moisture caused by your feet sweating in your boots. Soaking wet feet place you at serious risk for frostbite that can result in loss of toes.

Also, your feet are the steering mechanism, gas pedal and brakes for many winter sports, which make them vulnerable to injury if an accident occurs. Ankle sprains and strains are extremely common in winter sports.

If you're a golfer, the

repeated action of swinging a golf club can result in a condition known as *hallux limitus*, a deterioration of the big toe joint. This occurs when a golfer overextends the big toe joint on the back foot during follow through after hitting the ball.

In time, this condition can cause arthritis, making it difficult to continue playing golf. So, if you experience pain or swelling in the area of the big toe, it's important to come in right away for an examination – before the condition deteriorates and takes you out of the game forever.



**The shoe you wear must match the sport you play to reduce injury!**

In terms of soccer, cleats that combine control and comfort are optimal. Selecting the proper shoe for the athlete's type of foot improves overall performance and helps decrease the risk of injury during play.

Specific types of cleats for different field surfaces (turf, hard, soft) are also advised. Some shoes, in fact, are engineered with interchangeable cleats to adapt to variations in field surfaces (i.e., wet vs. dry).

Novice and avid runners alike, who run more than 3 times per week, need to know that a cross trainer type of running shoe works best.

Running shoes are usually roomier in the toe area to compensate for increased pressure on the mid foot while you're running. The heel might be slightly higher to keep the ankle more stable and reduce lower leg stress. Increased shock absorption and arch support are other running shoe features.

Injuries are a normal occurrence in sports, but with sound advice and careful planning we'd like to help you remain healthy so you can stay "on course"!

Please consult with us if you have questions about proper footwear or if you experience a sports-related injury. We're here to help!

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**Office Hours:**

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

**“Only a fool  
tests the depth  
of the water with  
both feet.”**

African Proverb

# 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!