



# 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!

## Take a Hike – But Do It Safely!

Ahhh, Autumn. Trees are changing color. The air is crisp. It's the perfect time of year for hiking. Not too hot. Not too cold. Perfect.

If you're new to hiking, you may think it's as easy as going to a sporting goods store, buying some hiking boots and finding a trail. Not so fast – it's just not that easy. Any seasoned hiker will tell you that when you're looking at rough and uneven terrain, the worst thing you can do is set out without the right shoes and socks or the proper conditioning.

If you don't want to experience the pain and agony of sore feet, here are some tips to keep in mind if you want to enjoy your hiking experience, whether or not it's your first time.

Invest in a good pair of hiking boots. Your footwear is the most important element of your hiking gear. After all – it's your

feet that do all the work in this sport.

- Make sure that your boots provide the right amount of support and that they're comfortable. Wear the same socks that you'll be wearing when you hike when trying on boots. Make sure you have enough "wiggle room" for your toes.



**Get conditioned before you hit the trails if you want to stay on course.**

- Try boots on later in the day, after your feet have had time to expand. Your feet will swell a bit while hiking, so you'll want to make sure your boots won't feel too tight.
- "Break in" new boots by wearing them in

the house or to the store. Take several short walks or hikes.

- Choose the right socks – they're just as important as your boots. Instead of cotton, select wool, or synthetic material that cushions and keeps feet dry. You are more apt to get blisters when feet are exposed to too much heat, friction and moisture.
- Stop at the first sign of discomfort. Remove your boots and change to dry socks. A small piece of duct tape can protect a "hot spot" from further injury.

It's important to remember not to push yourself if you experience any type of pain. If you injure your a foot or ankle, contact our office as soon as possible. Early treatment can get you back to the trails in no time!

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**Office Hours:**

Monday: 9:00 – 5:00

Tuesday: 9:00 – 5:00

Wednesday: 9:00 – 5:00

Thursday: 9:00 – 6:00

Friday: 9:00 – 5:00

*Quote of the  
Month...*

**“A spirit in my  
feet said go  
and I went.”**

Matthew Brady

# 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!