



Trouble Hearing?

Come see our tiny solutions



southern
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Dani Land

326 W. Bruce Street, Seymour
812-405-1614

CALL FOR A NO WAIT APPOINTMENT

Want to be part of Healthy Living?

Contact Tracie Lane
at 812-523-7062

THE TRIBUNE

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ANKLE PAIN AND TENDINITIS

POSTERIOR TIBIAL TENDONITIS AND TENDON DYSFUNCTION ARE PAINFUL AND POTENTIALLY DISABLING CONDITIONS THAT AFFECT A TENDON THAT RUNS BELOW AND BEHIND THE ANKLE BONE ON THE BIG TOE SIDE OF THE FOOT. THIS TENDON ATTACHES A MAJOR MUSCLE (POSTERIOR TIBIAL) TO THE FOOT AND ALLOWS THIS MUSCLE TO RESIST THE FLATTENING OF THE ARCH DURING WALKING AND STABILIZES THE FOOT WHILE WALKING AND STANDING.

PEOPLE WITH FLAT FEET CAN DEVELOP STRAIN AND INFLAMMATION TO THIS TENDON AS IT IS OVER WORKED AND OVER STRETCHED. THOSE WITH NORMAL ARCHES CAN ALSO INCURE THIS TENDON WITH OVERUSE SUCH AS STANDING ON CONCRETE FOR LONG PERIODS OF TIME, WALKING ON UNEVEN SURFACES OR DURING SPORTS.

REGARDLESS OF THE CAUSE, ONCE THE TENDON IS INJURED IT WILL ENTER INTO A CONTINUAL CYCLE OF MICROSCOPIC TISSUE TEARING AND INFLAMMATION THAT GETS WORSE WITH EACH STEP. TENDONITIS IS THE EARLY DISEASE IN WHICH DAMAGE AND INFLAMMATION IS PRESENT IN THE TENDON BUT THE TENDON IS STILL INTACT AND RELATIVELY HEALTHY. IF LEFT UNTREATED, THIS DISEASE PROGRESSES UNTIL THE TENDON DEVELOPS DYSFUNCTION.

WITH DYSFUNCTION, THE TENDON BECOMES WEAK AND STRUCTURALLY UNBOUND. THE FOOT/ARCH WILL BEGIN TO FLATTEN FURTHER AS THE TENDON LOSES THE ABILITY TO MAINTAIN THE ARCH AND WALKING BECOMES PAINFUL ALONG THE TENDON. EVENTUALLY THE FOOT WILL FLATTEN AND YOU WILL NOTICE A DIFFERENCE BETWEEN THE TWO FEET AND THEIR ARCH HEIGHTS.

EARLY SYMPTOMS OF POSTERIOR TIBIAL TENDON DISEASE INCLUDE PAIN, SWELLING, WARMTH, TIGHTNESS AROUND THE ANKLE BONE AND DIFFICULTY WITH WALKING OR EVEN STANDING. THIS PAIN USUALLY STARTS AROUND THE ANKLE BUT IT CAN PROGRESS DOWN INTO THE ARCH OF THE FOOT AND UP INTO THE LEG. ONE CAN FIND SOME RELIEF WITH SUPPORT TO THE ARCH SUCH AS INSERTS IN THE SHOE, ANKLE BRACES

AND A MORE SUPPORTIVE ATHLETIC SHOE. MOST COMMONLY I SEE THIS CONDITION DUE TO OVERUSE SUCH AS THOSE WHO WORK ON CONCRETE FOR EXTENDED PERIODS OF TIME DAY AFTER DAY. AN ACUTE INJURY CAN OCCUR AS WELL WHEN PLAYING ANY TYPE OF WEIGHT BEARING SPORT AND ESPECIALLY WITH CERTAIN SPRAINS OF THE ANKLE.

ONE THING YOU CAN DO TO TEST FOR THIS PROBLEM IS TO GO UP ON YOUR TOES. DO THIS FIRST WITH BOTH FEET AND THEN DO IT WITH THE FOOT/ANKLE THAT IS BOTHERING YOU. IF YOU HAVE PAIN ALONG THE INNER SIDE OF THE ANKLE, YOU NEED TO SEEK MEDICAL ATTENTION IMMEDIATELY.

TREATMENT INCLUDES STABILIZING THE FOOT TO PREVENT FURTHER DEGENERATION OF THE TENDON. REST, ICE, ANTI-INFLAMMATORY OR STEROID MEDICATIONS. AN ANKLE BRACE OR CAST BOOT IS OFTEN USED TO REST THE TENDON.

THOSE CASES THAT PERSIST BEYOND THESE TREATMENTS OR PRESENT LATER IN THE DYSFUNCTION STAGE MAY REQUIRE SURGICAL INTERVENTION WHERE THE TENDON IS REPAIRED OR A CUSTOM BRACE THAT COMBINES ANKLE AND FOOT SUPPORT TO PREVENT FURTHER COLLAPSE OF BOTH THE FOOT AND THE ANKLE.

IF YOU HAVE PAIN AROUND THE BIG TOE SIDE OF YOUR ANKLE, TRY THE TIP TOE TEST. IF THAT IS PAINFUL, SEEK MEDICAL ATTENTION IMMEDIATELY. THIS CAN BE A VERY DIFFICULT PROBLEM TO RESOLVE AND CERTAINLY IF LEFT UNTREATED.

DON'T CALL THE NUMBER LISTED IN THE PHONEBOOK OR GOOGLE.

812-524-3339

THIS IS THE CORRECT NUMBER THAT WILL CONNECT YOU DIRECTLY WITH OUR OFFICE.

upperline
HEALTH | Indiana



WALTER G. WARREN,
DPM, CPED
UPPERLINE HEALTH INDIANA



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Grace, Granddaughter

Amazing Grace
How Sweet The Sound?

SCHRINK
AUDIOLOGY
HEARING & CARE
812-523-1750

Free Hearing Test For Seniors.

FREE hearing tests will be administered by a professionally trained, licensed hearing care practitioner on March 28th to April 7th.

Anyone who has difficulty hearing or understanding speech, especially in noise, is welcome to have this test.

Even people now wearing a hearing instrument or those who may have been told nothing could be done for them should have this hearing test to find out if they are among the many that the latest technology will help. Ignoring the changes in your hearing and understanding can seriously affect your long-term hearing.

The American Medical Association recommends annual hearing tests after the age of 40. The purpose of the test being given is to identify levels of Auditory Deprivation. Auditory Deprivation is when you feel like everyone is mumbling- when not watching the person speak, words don't make sense. Left untreated, Permanent Distortion can set in, and when this happens, no matter how loud words are made, the ability to understand them is limited.

There's NO CHARGE for this test and NO OBLIGATION. The FREE hearing test will be given by SCHRINK AUDIOLOGY HEARING & CARE, at our local office, 1171 W. Tipton, Suite E, Seymour (next to Jay C Store).

TO REDUCE WAITING TIME, PLEASE CALL FOR AN APPOINTMENT, 812-523-1750

WIVES! Call Today For Your Husband's FREE HEARING TEST

"I have been around loud equipment for over 28 years with my commercial, industrial, and residential businesses. Over time, the excessive exposure to loud sounds has caused damage to my hearing that I did not realize until being tested by Jeanne. She informed me that I needed to protect the hearing I still have left. Wearing my hearing aid helps me focus on conversation and reduces the effort it took to understand what is being said. I now have more confidence than ever before working with the public. Thank you Jeanne, Cindy and DJ!

- Mark Edmundson

