

# HOSEY FOOT & ANKLE CENTERS



Fall/Winter

## FOOT & ANKLE NOTES

2019

### High heeled winter boots dangerous on ice and snow



This winter's fashionable high-heeled boots put women at risk for slips, falls, and injuries on ice and snow, warns Dr. Kristen Patterson of Hosey Foot and Ankle

Centers. These popular boots typically feature tall, spiked heels and narrow, pointed toes.

"Wearing high-heels makes you more unstable when walking or standing on dry surfaces, let alone slippery ones like ice or snow," Dr. Patterson says. "A stylish low-

heeled winter boot is a lot more fashionable than a cast and crutches."

She also recommends women scuff-up the soles of new boots, or purchase adhesive rubber soles, to provide greater traction.

Falls from high-heeled winter boots can lead to a number of injuries, depending on how the woman loses her balance. If her ankles roll inward or outward, she can break her ankles. If her ankle twists, ligaments can be stretched or torn, causing an ankle sprain.

"This time of year I see a variety of broken bones occurring in patients who have slipped on the ice," says Dr. Patterson. "These include broken toes, metatarsals, heels and ankles."

Delaying treatment can result in long-term complications such as chronic ankle instability and pain, arthritis, or deformity. Even if you're able to walk on the injured foot, pain, swelling, or bruising indicates a serious injury.

### Reservations still open for Patient Appreciation Dinner



Dr. Thomas Hosey and his staff of physicians want to again celebrate you as a patient of Hosey Foot and Ankle Centers. You are invited to attend a complimentary Patient Appreciation dinner beginning at 5:30 p.m. Thursday, January 24 at the Mirage Banquet Center at 18 Mile Road and Garfield in Clinton Township.

The event will feature a complimentary dinner, presentations from sponsors, and off course the opportunity to meet all the physicians and support staff from Hosey Foot and Ankle Centers. To make a reservation simply call the Clinton Township Office at 586-263-4411. Proceeds from a 50/50 raffle will go toward helping a local family in need.



For more information, visit:  
[www.HoseyPodiatry.com](http://www.HoseyPodiatry.com)

## Cartiva a growing treatment for arthritis in the big toe



If you're suffering from painful osteoarthritis in your big toe, and it is affecting your ability to walk, we offer Cartiva joint-implant surgery.

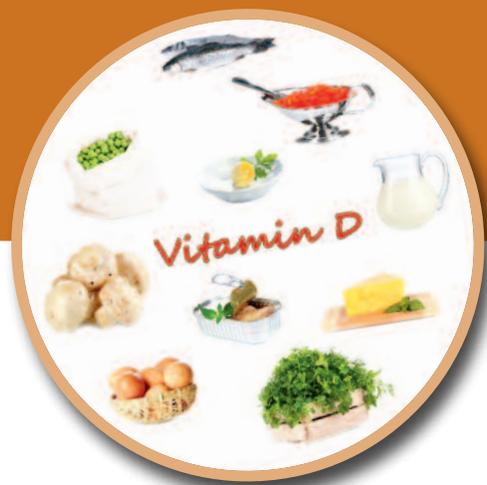
"Cartiva is a synthetic cartilage implant that replaces

the damaged cartilage surface in your big toe with a smooth, load-bearing surface that relieves the pain and stiffness and restores your natural range of motion," says Dr. Angela Jacob of Hosey Foot and Ankle Centers. The Cartiva synthetic cartilage implant is an alternative to toe fusion surgery. It provides reduced pain with the added benefit of preservation of movement within the joint.

Toe fusions are known to reduce pain in the joint, however, after a toe fusion the patient is no longer able to move or bend the joint, which can affect everyday activities like walking and balancing.

"Additionally, synthetic cartilage implant surgery allows the patient to walk on the foot much sooner," says Dr. Jacob. "With no cast required, the patient can bear weight on the foot almost immediately."

Patients who experience persistent pain in the joint and limited motion should consult with any of the physicians at Hosey Foot and Ankle Centers by calling 586-263-4411 to make an appointment.



## Don't forget your Vitamin D to avoid foot stress fractures

Shorter days and long, cold nights during the winter can limit your sun exposure and often lead to lower vitamin D levels in your body. Inadequate levels of vitamin D can in turn increase your risk of suffering a stress fracture in your feet.

"If your vitamin D levels are low, the weight bearing bones in your feet and ankles are easily affected because they are not strong enough to withstand the pressure of supporting your body," says Dr. Ryan Murphy of Hosey Foot and Ankle Centers. "Many patients who are treated for foot fractures and who also have low vitamin D levels are typically over age 50, are overweight, and have limited sun exposure or a darker complexion."

To increase your vitamin D levels without increasing your sun exposure, eat fortified foods rich in vitamin D content.

**If you are experiencing frequent foot fractures or unexplained foot pain and are concerned about your vitamin D levels, schedule an appointment by calling 586-263-4411.**

**HOSEY** FOOT & ANKLE  
CENTER *Spa*



**At Hosey Foot & Ankle Centers, we care for all of our patients like family and friends. Our goal is to provide the most comprehensive care for effective treatment and healing, including specialty foot products**

**Our Foot Shop is located at our Clinton Township location.  
42550 Garfield Road, Suite 103, Clinton Twp, MI 48038  
*Our store has everything you need.***

## Meet Surgical Scheduler September Gawronski



Seven years ago September Gawronski traded in her people and multi-tasking skills learned as a floor manager at a restaurant for a position at Hosey Foot and Ankle Centers. Since then she has assumed the duties of surgical scheduler, planning the times and dates of surgeries for four physicians, verifying insurance coverage and making certain patients receive disability benefits where warranted.

"It's a responsibility that takes plenty of patience and an ability to adapt to coordinate the schedules of doctors and patients," September says. She schedules up to 20 surgeries a month at a host of medical facilities in metro Detroit.

As a seven-year veteran at the practice September has an open door policy to help newer employees learn the clinic's procedures. "I am always there to help and to try to answer questions and often have questions of my own that other members of the staff are more than happy to answer," she says. "Working with support staff and doctors has been a pleasure."

September also enjoys camping and the outdoor life with her 10 year old daughter Kourtney and her significant other Carl. "Kourtney loves science, gets straight A's and has a knack for music," September says. "She plays guitar and is now taking up percussion in the school band."

Besides camping September says the whole family enjoys riding their side-by-side ATV that has taken them all over the state of Michigan. They especially enjoy the outdoors with their Chocolate Lab Zettie. They named him after Henrik Zetterberg of the Detroit Red Wings.

## Old ankle sprains come back to haunt Baby Boomers



Dr. Thomas Hosey of Hosey Foot and Ankle Centers says many Baby Boomers who have suffered ankle sprains in their younger years could be at risk

for more serious damage as they age and try to stay active. It is estimated that one in four sports injuries involves the foot or ankle, and a majority of them occur from incomplete rehabilitation of earlier injuries.

"Pain isn't normal in the ankle, even if you're just getting back into shape," says Dr. Hosey. He adds that swelling is another symptom these previously-injured Boomers

may experience. Both amateur and professional athletes often misunderstand how serious a sprain can be, and they rush back into action without taking time to rehabilitate the injury properly.

"A sprain that happened years ago can leave residual weakness that isn't noticed in normal daily activity, but subjecting the ankle to rigorous physical activity can further damage improperly healed ligaments, and cause persistent pain and swelling," Dr. Hosey says. "For anyone hoping to regain past athletic fitness, it's recommended that you have that old ankle injury checked out before becoming active again."

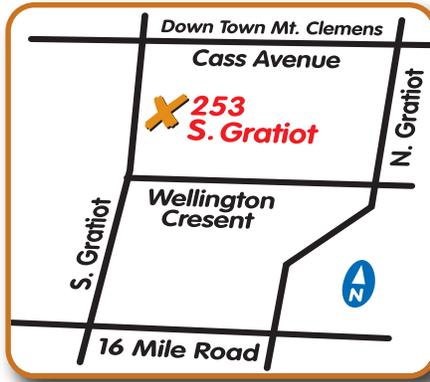
Persistent pain and tenderness after a sprain, especially if the individual felt a 'pop' on the outside of the ankle and couldn't stand tiptoe, might be a warning sign that the tendon is torn or split. Anyone needing further information should contact the physicians at Hosey Foot and Ankle Centers by calling 586-263-4411 to make an appointment.



# Convenient Locations



**CLINTON TOWNSHIP**  
 42550 Garfield Rd., Suite 103  
 Clinton Twp, MI 48038  
 Just south of 19 Mile Rd.  
**586-263-4411**



**MOUNT CLEMENS**  
 253 S. Gratiot  
 Mount Clemens, MI 48043  
 One mile north of Metro Parkway (16 Mile).  
**586-468-5445**



**STERLING HEIGHTS**  
 44344 Dequindre, Suite 420  
 Sterling Heights, MI 48314  
 Just south of M-59.  
**586-275-3000**

## HOSEY FOOT & ANKLE CENTERS

42550 Garfield Rd.  
 Suite 103  
 Clinton Twp, MI 48038

### Meet your doctors



Thomas C. Hosey  
 DPM, FACFAS



Ryan M. Murphy,  
 DPM, FACFAS



Kristen Patterson  
 DPM



Angela R. Jacob  
 DPM

### The Hosey Foot and Ankle team

