



HOSEY & MURPHY
FOOT & ANKLE
CENTERS

Foot Notes

FALL 2020



New Technique for Chronic Ankle Sprains



Do you roll your ankle when walking down the street even when you experience just the slightest twisting motion?

"Weak and unstable ankles are subject to sudden rolling, causing the band of ligaments that stabilizes the outside of your ankle to stretch or even tear," says Dr. Ryan Murphy of Hosey and Murphy Foot and Ankle

Centers. "A stretched ligament loses strength and continues to loosen with each ankle roll. The result of this is chronic ankle instability and may result in continued deterioration of the ligaments and a cycle of chronic instability and sprains."

Now the doctors at Hosey and Murphy Foot and Ankle Centers have a way to augment the repair of ligaments using a special device called an InternalBrace. Similar to how a seat belt protects you in a car crash, the InternalBrace helps protect your surgically repaired ligament. The InternalBrace allows freedom for your ankle to function normally but limits abnormal or

excessive movement that may overstretch or harm your underlying ligament repair.

"Since utilizing this new technology, we are able to get patients back to normal walking and athletic activities in almost half the time compared to the traditional technique that surgeons commonly perform," says Dr. Murphy. "This also helps to significantly reduce the recurrence rate of ankle sprains so that you no longer have to worry about chronic ankle sprains again!"

If you struggle with chronic ankle instability, don't continue to suffer with pain and time away from activities. Make an appointment with one of our physicians at Hosey and Murphy Foot and Ankle Centers to see if you would be a good candidate for an InternalBrace today.



Poinsettia Plant Tradition Second Week in December

To help you celebrate the holiday season Hosey and Murphy Foot and Ankle Centers has an annual tradition of presenting a complimentary poinsettia plant to patients who make an appointment at the Garfield Office for the second week in December. To make an appointment for the week of December 7 through 12 call the clinic at 586-263-4411.



Medical Biller a Bookworm at Heart



Courtney White is an experienced medical biller at Hosey and Murphy Foot and Ankle Centers, but she is really a bookworm at heart.

Courtney prepares treatment reports for insurance companies from her office at the Garfield Clinic and regularly helps patients understand the complexities of

insurance company forms, co-pays and deductibles.

“Insurance coverage is very complicated and we do everything possible to help patients understand their policies and treatments,” she says. “I really did not understand how complex insurance coverage could be until I began working with it.” She still says that even after completing an associate’s degree as a Registered Health Information Technologist from St. Clair College in Port Huron, MI.

When not at the clinic, Courtney spends her free hours with four-year-old daughter, Lizzie, working on arts and crafts, playtime, and reading.

“I have been an avid reader all my life,” she says. “My parents stressed reading skills and tell me one of first words was ‘read’. In school I was always checking out books from the library, finishing them up and returning them for other books well before they were due.”

Two of Courtney’s recent reads are titled *Fierce Kingdom* by Gin Phillips and *Before We Were Yours* by Lisa Wingate. So check them out.

Staying Safe & Strong Amid COVID-19



Despite the ongoing challenges of COVID 19, there is one thing that shouldn’t stop—being active.

“Though the idea of staying active in the face of constraints such as social distancing

limits may be challenging,

there are some ways to help keep your feet and ankles strong and fit while at home,” says Dr. Thomas Hosey of Hosey and Murphy Foot and Ankle Centers. “Get creative! Look around your house and see how you can

work out while at home. There are plenty ways to work out without a gym or equipment. Do sit ups, pushups, planks, squats and leg lifts.”

Stay connected to your family and friends. Help to keep yourself accountable by including friends in the mix and check-in with everyone to make sure they’re staying safe and active, too. Check online resources. There are numerous free resources available online to follow along with fitness videos or other classes. YouTube alone has numerous exercise videos and workout options for you to take advantage of from the safety of your home.

Get outside! You can still get outside and go for walks without putting yourself at risk. Go for a walk, run, walk the dog or go for a hike. You can get some fresh air and activity while still practicing social distancing this way.

“Even if you feel better staying inside, take scheduled breaks each day to get up from your spot and walk around your home,” Dr. Hosey adds. “No matter what you do, even if it’s something small each day, staying active will help keep your feet and ankles strong.”

Ingrown Toenails Can Cause Big Problems for Kids



Ingrown toenails are a common and mostly benign foot problem that often occurs in children and teenagers. However, they can become a big problem when parents attempt at-home treatment or “bathroom surgery,” which can worsen the condition and lead to potentially serious complications such as severe pain, infection, and possible deformity of the toe.

“Ingrown toenails occur when the corners or sides of the nail curve and grow into the soft tissue of the toe,” says

Dr. Kristen Patterson of Hosey and Murphy Foot and Ankle Centers. “The most common symptom is swelling and redness in the toes, especially the big toe. Some children may complain that their feet hurt when wearing shoes.”

If your child has an ingrown toenail, soak the foot in warm soapy water and check his/ her shoes for proper fit. If these measures don't help, make an appointment with any of the physicians at Hosey and Murphy Foot and Ankle Centers for an examination and treatment. Don't try to cut away the ingrown part of the nail.

Tell Injuries to Take a Hike



With summer now just a fond memory, many outdoor enthusiasts prepare to enjoy fall and winter from the hiking trail.

“Hiking's a great form of exercise and the perfect way to experience the shift in seasons,” says Dr. Angela Jacob of Hosey and Murphy Foot and Ankle Centers. “However, a successful hike takes more preparation than one might think. Before hitting the trail, hikers should be mindful of the strain this outdoor activity can put on their feet and ankles.”

Here are some tips to ensure your fall hikes aren't cut short by heel pain, ankle sprains or Achilles tendon injuries. Wear shoes with good support. Tennis shoes aren't the best for hiking and lack the support

needed for hiking on uneven, steep or slippery terrain. Hiking boots should be well-insulated and moisture proof with a stiff sole for maximum support.

“As with most physical activities, it's better to start small and work your way up as you get comfortable and more confident,” says Dr. Jacob. “Physical conditioning is important to avoiding injuries. Strengthening, stretching and balancing exercises will help immensely when it comes to more challenging terrain. Do as much as your body can handle, and ease into a hiking routine before tackling long, strenuous trails.”

Listen to your body and take a break if something starts hurting. Hiking in pain will only increase the risk of a serious injury. If you experience foot or ankle pain while hiking and it doesn't get better with rest, schedule an appointment with any of the physicians at Hosey and Murphy Foot and Ankle Centers by calling 586-263-4411.

Start the New Year with Healthy Feet

If you've been putting off having foot surgery to correct bunions or hammertoes, the cold winter months are a great time to concentrate on making your feet healthy.

“Many patients appreciate checking the surgeries off of their ‘To Do’ lists early in the year so they can be ready to enjoy the spring weather,” says Dr. Kristen Patterson of Hosey and Murphy Foot and Ankle Centers. “In most cases, advances in surgical techniques have made

bunions and hammertoes correctable with outpatient surgery and patients return home the same day.”

Don't let painful foot conditions slow you down when the weather turns warmer. Call for an appointment at any of our offices to schedule an examination to determine the best treatment approach and make this your year of healthy feet.

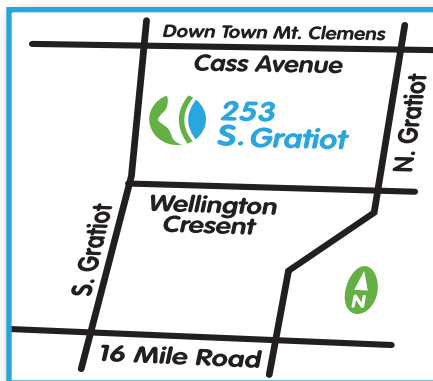


Convenient Locations



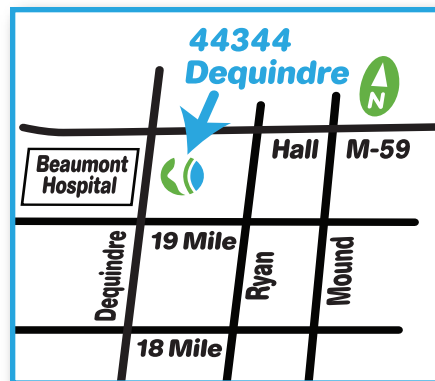
CLINTON TOWNSHIP

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



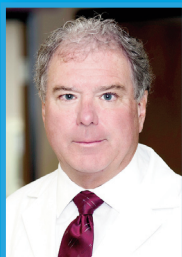
STERLING HEIGHTS

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Meet your doctors



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The Hosey Foot and Ankle team

