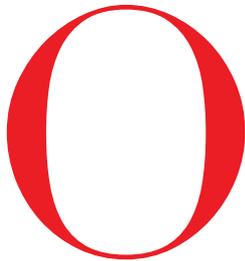


# Your Best Feet Forward

## Coastal Podiatry



ON A RECENT TRIP WITH her family to Muir Woods, a national redwood forest in San Francisco, Toni Knorr struggled to keep up with her three young nephews. After more than 40 years of wearing high heels during her demanding career as a hotel executive, Knorr has painful bunions on both feet. Surgery, the best option, requires several weeks

off your feet, which is difficult for a career woman.

Dr. Rahn A. Ravenell of Coastal Podiatry said Knorr's situation is not uncommon, but he added that people should know that foot pain is not normal at any age.

"We have found that proper early intervention with foot injuries and pain results in much better outcomes," he said.

Born and raised in Charleston, Dr. Ravenell said he knew he would go into medicine when he attended a health career fair at a pre-medicine summer program at Duke University. After graduating magna cum laude from Florida Agricultural and Mechanical University, he went on to obtain his Doctor of Podiatric Medicine degree from the Temple University School of Podiatric Medicine. During this time, he worked at a local shoe store, fitting runners with shoes and performing basic gait analysis to fit runners with orthotic inserts for their shoes.

"I learned the importance of proper overall body mechanics and how the foot and ankle are vitally important in achieving this," said Dr. Ravenell.

Dr. Ravenell and his wife, Dr. Tamika Ravenell, opened their Mount Pleasant office in 2013. Their practice specializes in pediatric foot care, flatfoot surgery, bunion surgery, heel pain and neuromas. The most common injury they treat is plantar fasciitis (heel pain), which is an inflammation, irritation and swelling of the ligament that typically comes from an overuse injury. Repetitive

motions, no matter how ordinary, can cause small micro tears that occur each time you use your plantar fascia. When the micro tears do not heal properly, fasciitis/fasciosis (ligament degeneration) can occur.

"Don't suffer in silence. Catching heel pain early can mean the difference between healthy feet and chronic discomfort," Dr. Ravenell said.

High-heeled, pointed-toe shoes have a narrow toe box that crowds the toes and can cause numerous orthopedic problems, leading to discomfort or injury to the toes,

ankles, knees, calves and back. These shoes distribute the body's weight unevenly, placing excess stress on the ball of the foot and on the forefoot. This uneven distribution of weight, coupled with the narrow toe box, can lead to discomfort, bunions, hammertoes and other deformities.

To relieve the abusive effects of high heels, women should limit the amount of time they wear them and alternate these shoes with good quality sneakers or flats for part of the day. Low-heeled shoes (one inch or lower) with a wide

toe box are the ideal choice for women. An ample toe box that can accommodate the front part of the foot is as important as the heel in determining fit. 🦶



Dr. Rahn A. Ravenell of Coastal Podiatry.

Photo courtesy of Coastal Podiatry.

Coastal Podiatry is located at 180 Wingo Way, Suite 201, in Mount Pleasant. To learn more, visit [www.mtpleasantfootdoc.com](http://www.mtpleasantfootdoc.com) or call 843-856-5337.

### A study conducted by the American Orthopaedic Foot & Ankle Society found that:

- > Nine out of 10 women wear shoes that are too small for their feet.
- > Eight out of 10 women say their shoes are painful.
- > More than seven out of 10 women have developed a bunion, hammertoe or other painful foot deformity.
- > Women are nine times more likely to develop a foot problem because of poorly fitting shoes than men.