

# Important News From Dr. McVay

Dear Patients,

I'm writing you to ensure that you understand some very important things concerning my practice and your health:

First, I am still practicing at my office location at 6160 Tutt Blvd., Suite #150 in Colorado Springs (there is a map to the left for those of you who are new to the practice). This is a wonderful location with great parking and easily accessible from Powers Blvd.

Second, I am the sole doctor in my practice and am no longer affiliated with any other podiatrists. This means when you come to my practice you will see me and no one else, other than the same outstanding staff you all know so well.

Finally, my commitment to your care is unwavering. But more than that, my staff and I are dedicated to not only providing the best medical care possible, we deliver that care in a compassionate, and understanding manner that always puts you, your health, and our doctor/patient relationship first.

It has been my privilege to serve all of you and the wonderful people who live here in the best city in the United States. I look forward to many more years of helping you put your BEST foot forward.

Dedicated to your health,

Dr. Jeremy McVay

## About the Doctor



**JEREMY MCVAY, DPM**

Dr. Jeremy McVay established McVay Foot & Ankle to provide comprehensive, compassionate foot and ankle care for the Colorado Springs and the surrounding area.



# Don't Flip

## Tips for Replacing America's Favorite Summer Shoes

Flip-flops aren't good for your feet. Okay, there, we said it. It's true. What your feet have been trying to tell you through heel pain and general discomfort has now been confirmed. So, what does this mean for your favorite summer shoes?

First, don't flip, and don't throw out every pair of flip-flops that you own. Keep a pair for the pool shower and deck where these quick-on, quick-off staples shine. They will help protect your feet from fungal infections and HPV which leads to plantar warts. You might even hold on to that pair that sits by the door to take out the garbage or retrieve the mail. However, for anything more, you need shoes that support your foundation.

What should you look for in a good summer sandal? First on the list is support. A flimsy piece of rubber is not enough to protect your feet from the pounding they take each day. Remember that your feet carry your weight times 1.5 with every step (even more pressure if you're running or jumping). Look for a sole that will absorb shock while giving your arch what it needs to evenly distribute weight across the foot.

Second, adjustable straps will reduce friction that can lead to blisters, corns, and calluses. This feature will also accommodate foot deformities.

Finally, if you thought wearing custom orthotics eliminated you from wearing sandals this summer, think again. Some companies make this style of footwear with removable foot beds.

If you're wondering what sandals will work best for your foot type, ask the experts in our office. We'll help you find the best fit for your feet this summer!

## Mark Your Calendars

- July 1** International Joke Day – Knock, knock.
- July 4** Independence Day – Break out your red, white, and blue.
- July 6** International Kissing Day – Pucker up!
- July 7** National Strawberry Sundae Day – Yum!
- July 18** National Caviar Day – Seem a little fishy to you?
- July 20** Moon Day – One giant leap for mankind.



# Capsulitis Culprits

It's National Gardening Month, but if the only thing you've got growing is pain in the balls of your feet and toes, well you probably don't feel much like celebrating! Gardening is an activity that puts a lot of stress on your capsular ligaments which are responsible for supporting your joints – a pretty big job! When you stoop down to dig or plant, these ligaments get quite a workout trying to support your body weight on excessively bent toes. As a result, they can become aggravated and inflamed – a condition known as capsulitis.

Of course, gardening isn't the only culprit. Any activity that puts similar stress on your feet can cause the condition: climbing, running, even walking barefoot, or wearing high heels or non-supportive shoes like ballerina slippers and flip flops. Sometimes foot structure can come into play as well and make you more susceptible to the problem. The good news is that conservative care is often all it takes to feel better. A break from the triggering activity, anti-inflammatory medicine, comfy shoes with padding and orthotics can all do the trick.

So, that's the dirt on capsulitis. Hope it helps you stop it from sprouting up!



## Get Shin Splint Savvy

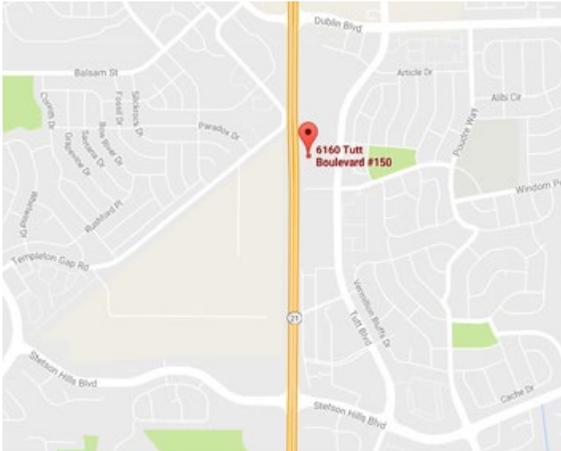
If your shins are feeling tender and sore with every step of your run, you may have just joined the shin splint club! This common sports injury typically occurs due to overuse, imbalances, or repetitive stress that causes the muscles along your shin bones to become irritated and inflamed.

Biomechanics, a sudden change in training, inadequate warming up, and worn out shoes are most often the culprits behind the problem. Luckily, each of these is easy to fix! First of all, make a point of taking the time to warm up properly prior to your workout. Add duration and intensity slowly—gradual is good! Replace old running shoes when you notice visible wear—every 400-500 miles is usually a good rule of thumb. Lastly, when you get those new running shoes, slip some custom orthotics inside. These are fitted to your unique feet and designed to correct specific issues you may have with your gait.

In the meantime, if your shins are unhappy right now, you can ease your pain with ice and anti-inflammatory medication, stretching exercises that strengthen the affected muscles, and of course, that four letter word: rest. Take a break from running and go for a swim or bike ride for a change, and remember, don't rush back into your running routine, especially now that you're shin splint savvy!



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# Are High Arches Hindering You?

The structure of your foot can sometimes lead to problems, like when the arch of your foot is higher than usual. This can place an excessive amount of stress on the ball of your foot and heel where you end up bearing all of your weight. It can also mess with your biomechanics, and even cause hammertoes, instability, and injury. So what's a high-arched person to do? Well, while you're pretty much stuck with your foot structure, you're not stuck having to live with pain and other symptoms. You can side step most issues by simply choosing footwear that accommodates your arch type, and sliding orthotics inside your shoes to provide additional support, distribute weight more evenly, and help keep your foot in proper alignment. Take that you high arches, you!

If you struggle with problems associated with high arches, ask our helpful staff for more information, or make an appointment so we can discuss the best course of action for you.

