

# A 'Medi Pedi' Goes Above and Beyond

A traditional cosmetic pedicure can be relaxing and luxurious. But health-wise, a medical pedicure ("medi pedi") takes it to the next level.

A medi pedi is a pedicure performed by a podiatrist (and podiatrist-trained nail technicians) who not only makes your feet and nails look and feel great, but can identify and treat current conditions, improving your overall foot and nail health.

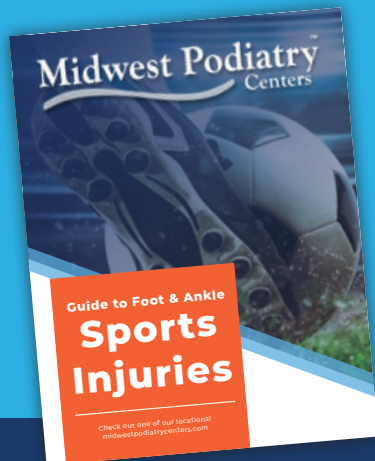
Medi pedis are typically performed "dry," eliminating the traditional foot soak. Waterborne bacteria can spread from one client to the next, even when the water is drained, and the area cleaned between clients per specifications. In addition, hygiene practices frequently suffer at hectic salons. At a medi pedi appointment, the focus is solely on you.

*What to expect:*

- A thorough foot exam will kick things off.
- Feet will be cleaned with an alcohol-based solution or wipes.
- Nails will be expertly trimmed, filed, and buffed. Toenails may be thinned out to decrease pressure caused by nail thickness, restore a nail's natural color, or remove polish. Ingrown, split, and cracked nails will be addressed. Cuticles — barriers against bacteria — may be treated but will *not* be removed (a common salon mistake).
- The area beneath the nails will be cleaned.
- Special tools can painlessly remove calluses, corns, or dead skin cells, then the areas will be smoothed over.
- Various oils will be incorporated to moisturize feet and nails via a soothing massage, releasing muscle tension and improving circulation.

**A medi pedi is typically safe for diabetics and those with poor circulation or weakened immune systems, and its benefits are long-lasting, unlike salon pedicures.**

Medical pedicures may not resonate glamour (no wine, massage chair, or painted nails), but your feet and toenails will beg to differ.



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# Heel Bursitis — Common but Avoidable

Bursa are fluid-filled sacs that provide cushioning and lubrication at areas where muscles and tendons move over bone, reducing friction. The foot and ankle region combined have only one naturally occurring bursa, located between the Achilles tendon and the heel bone (calcaneus). However, others may form at different areas of the foot (e.g., ball of the foot, big toe region) as a protective response to excessive stress or trauma.

When a bursa sac becomes irritated (bursitis), pain, inflammation, swelling, and redness are typically part of the deal. The area may be painful to the touch and warmer than surrounding skin. You'll definitely notice it when walking or running, and there may be increased pain in the morning or when getting up after sitting for a while.

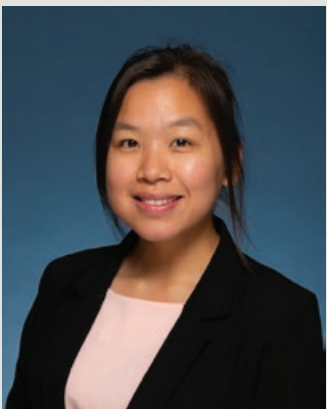
Many times, heel bursitis is mistaken for Achilles tendonitis by amateur foot sleuths. Tendonitis symptoms generally are felt above the heel; bursitis, directly on the heel. However, it's possible to have both at the same time — something a podiatric exam will sort out.

Causes of heel bursitis include overuse; tight shoes and/or a heel counter that is constantly rubbing against the heel; abnormal foot mechanics; and poor flexibility. Heel bursitis can also occur secondarily to a preexisting condition such as gout or rheumatoid arthritis.

Heel bursitis can almost always be treated successfully with conservative measures. Better yet, prevent heel bursitis by wearing properly fitted shoes with good cushioning and arch support; stretching before athletic activity; varying the incline on a treadmill to reduce stress on your heels; maintaining a healthy weight; and avoiding walking barefoot on hard or uneven ground.

If you experience heel discomfort, call us for a thorough evaluation, accurate diagnosis, and effective treatment.

## Meet Dr. Tina Nguyen



**Dr. Tina Nguyen**

Dr. Tina Nguyen is a podiatric physician and surgeon with specialties in reconstructive foot and ankle surgery. Dr. Nguyen was an honors graduate with a B.S. in biology and minor in biochemistry from Calvin University in Michigan. She then attended Kent State University College of Podiatric Medicine in Ohio where she earned a Doctorate of Podiatric Medicine degree. Dr. Nguyen completed a three-year podiatric medicine and surgery residency at LECOM Health in Pennsylvania where she had extensive training in diabetic limb salvage, lower extremity trauma, wound care, and reconstructive foot and rearfoot/ankle surgery. While she was in residency, she also achieved a Master of Science in medical education from the Lake Erie College of Osteopathic Medicine.

Dr. Tina Nguyen is kind-hearted and loves working with people, she is very committed to providing the best possible care for her patients. Her education, well-rounded training, and experience will help you to get back on your feet in the most effective manner.

Dr. Nguyen is originally from Vietnam, and she appreciates learning about different cultures, and she especially loves trying food from all over the world. She is devoted to her family and friends, loves doing crafts, and also enjoys exploring the city with her husband.

# The Buddy System: Buddy Taping Toes



A buddy is someone you can depend on to be there for you and stand by your side, giving you support when you need it most. Well, that's exactly how buddy taping got its name! Taping an injured toe to its "buddy" next door is a process that allows for the healthy, neighboring toe to support the injured one in its time of need, so it can heal safely and correctly.

Basically, it's just like the buddy system – two friends keeping each other safe by going places together, only it's two toes bud-dying up to accompany each other on a journey of healing!

Of course, you can't just tell toes to stick together like you can people, and that's where the tape comes in. First, though, you need to put a buffer between the two BFFs by placing a piece of felt, padding, or cotton between the injured toe and the one next to it. Then, wrap the two toes together with first aid tape, snugly but not too tightly. This gives the injured toe support as well as protection while it heals. You'll have to change the tape regularly to keep it clean, but before you know it, your toe will be as good as new. thanks to its buddy! Hey, what are friends for, right?

## Yoga Poses for Your Feet



Yoga is great for stretching muscles, strengthening your core, and reducing stress, but did you know it can also be beneficial to your feet? Spreading your toes and bearing weight creates a stable base for essential yoga poses that stretch and strengthen the many muscles, tendons, and ligaments in your feet – and guess what? Strong feet are less likely to get injured! Yoga also improves your balance as well as your alignment. So, try a few poses for starters, to stretch, strengthen, and relax your mind, body, and soul – and feet!

Chair pose – with feet planted side by side, slowly "sit" back as if you are sitting down in a chair. Raise your arms up and keep your knees behind your toes.

Downward dog – from a plank position, raise your backside up and bring your nose toward your knees, keeping legs straight and hands and feet on the floor.

Tree pose – standing with your hands in prayer position, swing one knee out away from your body and slowly slide that foot up the other leg until it is resting above the knee.

Namaste



## Healthy Detox Smoothie

### Ingredients

- 1/2 cup water (or orange juice)
- 1 green apple
- 1/2 cup frozen pineapple chunks
- 1/2 frozen banana
- 1/2-inch fresh ginger, peeled and minced
- 1 cup fresh spinach
- small handful fresh cilantro
- 1 tablespoon fresh lime juice

### Directions

1. Combine all the ingredients in a blender, and blend until smooth. Pour into a glass and serve right away.
2. If you don't have a high-speed blender, I recommend blending the spinach, cilantro, and ginger with the water first, to help break them down completely. Then add in the fruit and lime juice, and blend again.

*Recipe courtesy of <https://detoxinista.com/detox-smoothie/>*

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## BACK TO SCHOOL: Feet and Ankles Matter, Too!

For some kids, a summer free of school means more concentrated physical activity and time spent on their feet — running around outdoors with friends, biking, sports, summer camp, and pool and beach activity. Outdoor barefoot time may be way up, too.

All this activity might spur foot or ankle problems prior to a new school year. But don't trust that your child will tell you if they're experiencing discomfort. Be on the lookout for limping, sudden clumsiness, seeming lethargy, and diminished interest in favorite activities. Also, perform a foot check for ingrown nails, plantar warts, corns, and fungal nails, among other conditions.

Back-to-school dental exams and eye-health checkups are rightful priorities for many parents, but foot and ankle checkups deserve a seat at the table, too. Children's feet are not just small adult feet; they are a work in progress ... still growing, still developing.

Addressing issues now can spare your child problems later in life. We can also keep close tabs on chronic conditions (e.g., flat feet) or recent injuries to make sure they've healed properly. Some conditions might be uncovered during an exam that caused only minor discomfort but turned out to be something more serious, such as a hairline fracture.

Keep in mind that undiagnosed and untreated foot and ankle problems can impact your child's sports performance, social interactions, concentration in the classroom, and other areas of the body (e.g., knees, back).

School can be exciting yet challenging for students. Make sure your child is up to the challenge by scheduling a back-to-school foot and ankle exam at our office today.

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