



## Tailor's Bunion ... Keeping Up with Big Brother

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A tailor's bunion, or bunionette, is a prominence of the fifth metatarsal bone (the long bone that runs along the top outside of the foot) where it connects to the base of the little toe. The fifth metatarsal begins to protrude outward; the little toe begins to point inward. The subsequent bump is prone to irritation, pain, redness, and swelling and can significantly impact one's quality of life. Occasionally, a bone spur (a bony outgrowth) on the outside of the metatarsal bone causes similar issues.

Tailor's bunion has been identified as such for centuries. Early on, tailors spent long hours sewing while sitting on the ground cross-legged, the outside edges of their feet rubbing along the ground. The resultant friction and pressure greased the skids for little-toe bunions.

Tailor's bunions are not as common as regular old bunions. One study of over 2,200 subjects with foot disorders found that nearly ten times as many had regular bunions than tailor's bunions. Some people are blessed to have a regular bunion and tailor's bunion on the same foot!


Prime instigators of tailor's bunions include inherited foot bone structure that's abnormal, loose ligaments, wearing shoes that don't fit correctly or are otherwise terrible for foot health when worn too much (e.g., high heels), and tight calf muscles.

If you suffer from discomfort in the little-toe area, contact our office. A tailor's bunion is a fairly simple diagnosis because the bony protrusion is so visually apparent. Conservative treatment measures are abundant — e.g., shoe modification, padding, oral medications, icing, orthotic devices (over-the-counter or custom), and corticosteroid injections. Surgery looms if conservative options fail.



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# ‘Pain and Expletives: The Stubbed Toe Story’

While going barefoot, stocking-footed, or donning open-toed footwear, we’ve all stubbed a toe. The pain is jolting because the toes are teeming with nerve receptors (more so than many other parts of the body) that relay messages about pressure, vibration, texture, temperature, pain, and body position to the brain. Hopping on one leg, desperate foot rubbing, and choice words often follow. Most times, the pain quickly dissipates.

However, if you stub your toe and the discomfort is not temporary, a number of things could be going on. For instance, swelling, bruising, and intense pain when applying weight to the toe might indicate a broken bone. (Bruising can occur apart from a broken bone and sometimes takes a day or two to appear.)

Ligament tears are possible, too. Ligaments in the toes aren’t as sturdy as elsewhere and tear more easily. The object responsible for the stubbing might splay two toes.

If a toenail bears the brunt of the impact, the nailbed might get damaged and bleed under the nail (subungual hematoma). Nails are home to lots of bacteria, so any damage there raises the risk of infection.

Lacerations can result from a stub, too. If a wound continues to leak blood after being tended to, a medical professional should have a look. Stitches and disinfection may be necessary.

If pain recedes quickly after stubbing your toe, there is no deformity or swelling, and your nail displays no obvious changes, you’re good to go. Otherwise, rest, ice, and elevate the toe. If improvement stalls, give our office a call. If you have severe pain, diabetes, or circulatory issues, call us right away.

## Mark Your Calendars

- Feb. 2** Groundhog Day: Groundhogs are also known as woodchucks and whistle-pigs.
- Feb. 9** National Pizza Day: Lombardi’s of New York City is recognized as the first U.S. pizzeria (1905).
- Feb. 12** Super Bowl: Fans of Detroit, Cleveland, Jacksonville, and Houston are still pining for a Super Bowl appearance.
- Feb. 14** Frederick Douglass Day: Douglass was the first African American to receive a vote for president at a major political party convention (1888, Republican Convention).
- Feb. 14** Valentine’s Day: Americans spend over \$750 million on Valentine’s gifts for their pets.
- Feb. 20** Presidents’ Day: George Washington is recognized as America’s first mule breeder.
- Feb. 22** Ash Wednesday: The ashes are traditionally derived from the previous year’s Palm Sunday branches.








# How to Give a Great Foot Massage

Whether your relationship is at the stage of lavish romantic escapes or simply wanting to fall asleep in front of Netflix together, there is one gesture that often seems to garner plenty of appreciation: a foot massage.

If you want to surprise your loved one with a next-level massage, try these steps:

- Before you begin, make a nice, warm footbath. Add some aromatic oils. You could even add citrus slices to rub against the feet to help soften the skin.
- Prepare your lap with a pillow wrapped in a soft towel. After the feet are dry, work on each foot separately. Hold the foot by the heel, then gently rotate the foot in a circle—three turns one way, three turns the other. Repeat with the toes.
- Squeeze some foot cream or oil onto your thumbs and place them on the center of the foot arch, right below the ball of the foot. Rub in small circles with light pressure, each thumb moving in an opposite circular direction. Follow by shifting your thumbs up and down the length of the foot, with firm pressure, each thumb starting on opposite sides.
- Squeeze every toe lightly, then make small circular motions beneath each toe.
- Move to the ball of the foot, making small circles with the thumbs in opposite directions, up and down the sole. Add extra pressure near the heel.
- Finish by gently squeezing the area below the ankle for a few seconds, or gently rub the Achilles tendon. You can always do both!

As with any sort of treatment like this, results may vary depending on your partner's preferences. Listening to them is one of the most important parts of the massage!



## Linguine with Shrimp Scampi

Yield: 3 servings; Prep time: 10 min.; Cook time: 15 min.; Total time: 25 min.

*This recipe, courtesy of Ina Garten (Barefoot Contessa Family Style) and [www.foodnetwork.com](http://www.foodnetwork.com), is simple, tasty, and comforting. Perfect for Valentine's Day!*

### Ingredients

- Vegetable oil
- 1 tablespoon kosher salt (step 1 of directions) plus 1½ teaspoons (step 2)
- ¾ lb. linguine
- 3 tablespoons unsalted butter
- 2½ tablespoons good olive oil
- 1½ tablespoons minced garlic (4 cloves)
- 1 lb. large shrimp (about 16 shrimp), peeled and deveined
- ¼ teaspoon freshly ground black pepper
- ⅓ cup chopped fresh parsley leaves
- ½ lemon, zest grated
- ¼ cup freshly squeezed lemon juice (2 lemons)
- ¼ lemon, thinly sliced in half-rounds
- ⅛ teaspoon hot red pepper flakes

### Directions

1. Drizzle some oil in a large pot of boiling salted water, add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.
2. Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and the olive oil over medium-low heat. Add the garlic. Sauté for 1 minute. Be careful, the garlic burns easily! Add the shrimp, 1½ teaspoons of salt, and the pepper, and sauté until the shrimp have just turned pink, about 5 minutes, stirring often. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
3. When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.

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# When an Ingrown Toenail Needs Professional Help

It's a natural part of life for feet to run into minor problems now and then. We put them through a lot of paces, after all!

So, when an ingrown toenail pops up every once in a great while, it's usually not something to worry too much about. Most cases can be treated effectively at home.

However, there are times when it will be much better for your overall comfort and well-being to come see us about your ingrown toenail instead.

Here are some circumstances when you should give us a call about your ingrown toenail. We can either help you with further advice, or recommend you come in so we can address the problem personally.

- Your ingrown toenail hurts too much to touch. Do not feel like you have to endure more pain than you can handle to treat an ingrown toenail. Severe pain can be sign of a deeper problem.
- Your ingrown toenail shows signs of infection. In addition to severe pain, signs of infection can include discharge of pus, the toe feeling exceptionally warm to the touch, red streaks radiating from the sight of the problem, and even a fever.
- Your ingrown toenail frequently comes back. Recurring ingrown nails are often a sign of an underlying problem that needs to be addressed. This might mean changes in footwear or nail trimming habits, or sometimes partial or full removal of the nail.

Do not worry about whether an ingrown toenail is "too little of a concern." If you feel you need to let us know, please never hesitate to do so!



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