

## Patient Success Story of the Month

*Healed Fractures*

**Richard C Galperin DPM**

*A Division of Podiatric Medical Partners of Texas (PMPT)*

A longtime diabetic patient of ours presented to our office complaining of pain under the right big toe. She related a recent incident in her house where she had broken a plate, which she may have stepped on. As a diabetic, with little sensation in her feet, she was concerned as the toe became red and swollen. After an initial evaluation, x-rays were taken and it was quickly determined that there may be a foreign body under her toe. We discussed several options and we decided to go after the intruding object. Under strict sterile conditions, the toe was numbed and through the suspected entryway, exploration of the area was performed. The location of the object was quickly identified and was removed from the toe immediately. It was evaluated and turned out to

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## Bastille on Bishop 2017

*"Never again.." lol*

**Tonya Hughes, Practice Manger**

**A Division of Podiatric Medical Partners of Texas (PMPT)**

We participated in our first event at Bishop Arts District last month. On Friday, July 14<sup>th</sup>, we had a booth at Bastille on Bishop. We put up our tent and tables in the sweltering heat, early in the day, to beat the crowd, and so we wouldn't have to rush when we got there for the 6-11pm event. When we got back to the office moments later... pouring down rain. It ruined our little make-shift, French-looking awning, that we worked so hard making that week.

### Black & White Stripes

Edith was the first one to get ready to go to our French-themed party on Bishop. "How cute!" "I like your dress." Then, out comes Jeannette, also in a black and white striped dress. "Did you two go shopping together??" Jeannette replied..."What?? Does she have on my dress???" We go on down to Bishop (by streetcar – with 2 wagon loads of stuff. It was actually fun.) Later, Mel & Sandra, from Nail MD arrive. Edith whispered to Sandra "I think you have on my dress." I think... we made a great impression!

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## Custom Orthotics

Are you one of the more determined souls who "walks through the pain" - especially those nagging pains in the shins, heels, balls of the feet, or cramping of the toes? Yet your feet look fine. Is this the price you pay for being on your feet? No! Feet are not supposed to hurt.

So why the pain? In a word, biomechanics. The 26 bones and dozens of muscles, tendons, and ligaments of each foot are supposed to work in unison not only to propel you forward, but to do so in a balanced fashion. When this balance is upset, trouble occurs.

It sounds simple, until you realize that more than half the population has a variation of the "ideal foot." Flat feet, high arches, and turning in or out at the ankle or knee all result in stress on the system which surfaces as pain. How do these substandard structures develop? First, we inherit our foot shape from our parents. Then we learn to walk as our family does-watch a family walk away from you and you'll see that their feet, legs, and bottoms move identically. There are numerous factors beyond heredity: being overweight, standing on hard surfaces for long periods, wearing shoes with no support, having legs that differ in length, or wrestling with injuries. Any of these result in your feet hitting the ground incorrectly. The muscles and ligaments of your legs and feet try to correct the error, stretching or contracting past their normal range. Your knees, hips, and back change their alignments. And the pain begins.

## The Solution

So what to do? Since lineage cannot be changed, and weight and jobs have limited flexibility in most cases, the best approach is to try to control how you strike the ground with "glasses for the feet," orthotic devices.

One of the things that changed the sneakers our mothers deplored, into the walking shoes that may save our feet, are the inserts placed in the shoe, created by shoe manufacturers for cushioning, support, and stabilization. But factory supplied insoles are designed for the most common shape of the human foot. Take yours out of your shoe and see how flimsy and thin it is. Orthotic devices-also known as arch supports, insoles, or just inserts-that you purchase can turn the good shell of a shoe into something tailored to your foot's needs. Ranging from over-the-counter devices to prescription orthotics made by podiatrists, orthotics limit the foot's range of motion and thereby give the muscles some relief.

Given the wide variety and cost of these devices, where should you begin? It can be overwhelming trying to choose an over the counter device to place in your shoe. Does a \$7 device work as well as a \$50 one? Why are there so many to choose from? This is where we can help. Our job is to help you walk better. Your foot is unique to you. Wasting your money on a product that does not work adds insult to injury and does not help your problem. A new insole should replace your old ones. Remove your old insoles before inserting a new one; two devices are not superior to one.

The most common insoles are dynamic which will move with your feet, and provide better shock absorption, generally selling for \$35 to \$50 a pair. Unfortunately for serious walkers, they often prove inadequate. The material frays and "bottoms out," or flattens. Given the amount of force pushed through your foot with each step, any insole that you can bend easily between two fingers lacks the support you need.

The insert must work to align your leg, ankle, and foot perpendicularly and assist in the rolling of the foot. But it must also absorb shock. The stiffer the device, the more support, but at a sacrifice of cushioning. Trial and error, or a podiatrist, will guide you to the best combination.

Unfortunately, not everyone can buy "off the rack." The analogy of orthotics to glasses is relevant. One of the main reasons that people have poor eyesight is a misshapen eyeball which is unable to focus properly. Adding glasses does nothing to change or correct the physical problem of the eye, but rather works with the eye to help make eyesight clear. Buying glasses over the counter can help, but it takes a doctor to prescribe the exact lenses to fit your eyes. So, too, with orthotic devices. While a generic insert may bring some improvement, it might not provide full relief. If your feet need more specialized control, a prescription device may be the ticket. Your feet will be measured, observed in action, and cast in foam for the lab to make a custom orthotic. The materials vary from accommodative softer polymers to the controlling Semi-rigid acrylics. Choosing the right one for you is all part of the exam and your activity level. As for expense, custom orthotics typically cost from \$300 to \$800. Ours are \$515. We have a large selection of inserts in our office to get you started.

A large dose of patience may be necessary. Orthotic devices work not only to support the bony structure, but also to aid in the rebalancing and lessening of stress through your muscles. This retraining takes time and gradual steps. Starting with two to three hours the first day, and adding an hour to wearing-time each day, will allow you and your feet to adapt.

Orthotic devices, like glasses, are a treatment rather than a cure. You can wear glasses for 30 years and still not see clearly when you remove them. So, too, with the inserts; an unsupported foot will fall flat every time. Start simple, be patient, stay loyal to them and orthotic devices can return that extra spring to your step and make you walking 20 / 20 again.



# Special of the Month:

**Kalie ~~\$120~~  
\$84**

**Orchid ~~\$100~~  
\$70**

**Tansy ~~\$140~~  
\$98**

**Stock. Limited sizes & colors...so, claim yours fast**

**Offer Expires  
08/31/2017**



be a missing part of the shattered plate. She was shocked but very relieved that her suspicions were correct. As a result of the injury, there was suspicion of infection and thus the patient was placed on a short-term oral antibiotic.

When she contacted our office about her concern, we are able to immediately accommodate her on the same day, and this quick coordination resulted in a successful result. If unattended, the condition would certainly have gotten worse.

#TrueStory

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*If you're ready to make an investment in your foot health, and purchase orthotics, just let us know. We can set up an appointment for you & answer any other questions you may have.*

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**A Word from One of our Patients:**

"Before coming in to Dr Galperin's office, I couldn't walk across the yard. And, after having a stroke, I would stumble over my own foot. Now that I have the Richie Brace, I'm able to walk better without dragging my feet and having to walk differently. I can walk across the yard. Neighbors have noticed a change in my walking. Before, I would not be able to tap my toe, because it would drag. Now I'm able to tap; and, hearing that... brings a smile!"

Kenneth S.

This story made our staff want to cry – (happy, proud tears!)

## CALENDAR OF EVENTS

### TO YOUR HEALTH! – HEALTH & WELLNESS FAIR KIDD SPRINGS RECREATION CENTER

Saturday 09/30/2017 time 8:00 AM – 12:00 PM

Methodist Dallas Medical Center, American Diabetes Association, Dallas Parks & Recreation & MLC Insurance Group are sponsoring this event. We will have a booth out there – so come and see us!! This is our neighborhood.

### COUNTRY DAY ON THE HILL

#### CEDAR HILL - ON THE SQUARE

SATURDAY 10/14/2017 TIME 9:00AM – 6:00PM

We will once again be participating in the 80<sup>th</sup> Annual Country Day on the Hill in Cedar Hill. Our booth is always in front of Babe's Chicken. Come out and see us. We will have Nail MD specials – and we always have little giveaway gifts!

Congratulations to the winners of the Bastille on Bishop drawings Friday 07/14/2017:

Out of 48 entries:

Mary Katherine (ticket # 408146) - Won a free pair of flip flops.

Shelby S. (ticket # 408112) - Won a free Mani/Pedi.

Keep an eye out for your next opportunity to enter one of our drawings!!

## PLEASE REFER YOUR FRIENDS & FAMILY



### Office Hours:

Monday:	9:00am – 12:00pm	-	1:00pm – 6:00pm
Tuesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Wednesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Thursday	9:00am – 12:00pm	-	1:00pm – 6:00pm
Friday	8:00am – 12:00pm	-	1:00pm – 4:30pm
Saturday	Closed		
Sunday	Closed		



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