



CASE OF THE MONTH:

EQUINUS: MORE COMMON THAN YOU THINK

Equinus: The History

The word Equinus comes from the same word as equine. Equine, of course, means horse. Horses walk on their toes (actually their toe nails). Therefore, as a result, people that have a tight or short muscle group in the back of their leg are referred to as having "Equinus".

The Diagnosis:



Recently, I diagnosed a patient with Equinus. Her foot exam showed that she had several seemingly unrelated foot issues. First, calluses were present underneath the second and third toes of both feet. Second postural fatigue was an issue after a

short period of standing and she could not tolerate prolonged activity. She suffered from a very flat foot. She could only bring her foot up to about -5° dorsiflexion. These signs pointed to Equinus, characterized by a short Achilles Tendon.

Symptoms of a short Achilles tendon:

The short Achilles tendon in the back of the leg can cause many problems. Some of the signs to look out for are toe walkers (in extreme cases), pain or calluses on the ball of the foot, and heel pain. Also, some people develop knee pain and a curve to the back of their leg. This is because the gastrocnemius muscle comes up above the knee and actually pulls the knee backwards if the Achilles tendon is too short. A flat foot is frequently an accommodation or adaptation to a tight Achilles tendon.

In the case of this young lady that came to see me, all of her problems could easily be explained by the presence of the Equinus (a.k.a. Short Achilles Tendon).

Solutions:

Solutions to this painful condition can be very simple, and can bring almost immediate relief. Treatments can consist of stretching, night splints, heel lifts, and shoes with an elevated heel. Arch supports are sometimes helpful. Surgical treatment is also available if conservative therapy fails.

Please don't hesitate to schedule your appointment with us today! (830) 569-3338.

BOO! Got Scary Feet?

Get Help Now With

- Ingrown Toenails
- Bunions
- Warts
- Nail Fungus
- Corns & Calluses
- Black Toenails
- Flat Feet
- Blisters
- Hammertoes
- Ulcers



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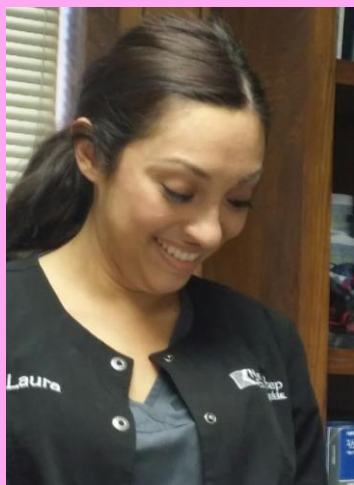
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Happy Halloween!

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What are the symptoms of skin cancer on my feet?

Checking your feet for skin changes is a key part of identifying malignant lesions before they cause too much damage. There are a variety of symptoms to be wary of—particularly for melanoma. Small, scaly bumps or plaques, particularly if they crack and bleed or have a callus over them, may be squamous cell carcinoma. White, pearly patches or bumps that ooze may signal basal cell carcinoma. Malignant melanoma, the rarest and most deadly of the skin cancers on the feet, has many possible symptoms that fit into an "ABCD" pattern.

A = Asymmetry, **B** = Borders

C = Colors, **D** = Diameter

Malignant melanoma usually has an asymmetrical shape; is surrounded by irregular or uneven borders, displays multiple color splotches; or has a diameter greater than six millimeters.

Schedule an appointment if any of these symptoms are on your feet.



D'FEET Breast Cancer



We remember the ones who lost the fight

Fight Sugar Cravings with Healthy Foods

1. Fruit Kebabs
2. Berry Salad
3. Dried Fruits
4. Chewing Gum
5. Dark Chocolate
6. Home-made Fruit Popsicles
7. Mashed Sweet Potatoes
8. Healthy Smoothie
9. Unsweetened Greek Yogurt
10. Low sugar frozen yogurt
11. Banana Ghost Pops

