



Tackling Turf Toe



About the Doctor

Dr. Ripp joined McDowell Podiatry in 2014. He received his Bachelor Degree in Economics at Brigham Young University in Provo, UT. While at BYU, he had additional studies in Spanish and Portuguese. After college, Dr. Ripp obtained his Doctor of Podiatric Medicine from Des Moines University where he graduated in the top ten of his class and was president of the Local Chapter of the Pi Delta National Honor Society.

Dr. Ripp completed a 3-year surgical residency program at Swedish Medical Center in Seattle, WA. This residency program has long been considered one of the elite Foot and Ankle training programs in the United States. During this time, he has worked with some of the top Foot and Ankle surgeons in the country including both the Orthopedic and Podiatric communities.

Dr. Ripp enjoys treating all aspects of the foot and ankle. Special interests include reconstructive lower extremity surgery, sports medicine, and pediatrics. He is a member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons

Dr. Ripp is married and has two children. He is an avid sports fan who loves the outdoors. Born in Texas, he has a passion for BBQ and football.

Spring sports are in full swing, and that means there's a whole lot of running, jumping, and kicking going on. Of course, when participating in sports, injuries can happen, and turf toe is a common one. Although it is often associated with turf fields and football players, this sprain of the ligaments surrounding the big toe can occur with other sports as well, including the original football, otherwise known as soccer.

This condition is caused by repeated jamming of the big toe and forcefully pushing off of it when stopping and starting, running and jumping, or changing directions suddenly—all things every athlete clearly experiences, especially in sports like soccer. The nature of these movements, combined with athletic cleats and artificial surfaces, can cause the big toe ligaments to become hyperextended or stretched too far.

If you have pain, swelling, and limited movement in your big toe, stop what you're doing and rest. Ice and medication can minimize discomfort and inflammation, and sometimes "buddy taping" (taping the toe to its neighbor) can help keep it stable as it heals.

Unfortunately, turf toe can sideline you for a while, so to avoid an abrupt end of your season, make sure you have properly fitting, appropriate shoes for your sport, and ask us about orthotics that can help provide additional support as well as correct biomechanical issues that could be putting you at risk. Take that, turf toe!

Falls Among Older Adults

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

How big is the problem?

Of the one out of three adults that fall each year, less than half talk to their doctor about it.

- Among older adults (those 65 and older), falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- In 2010, 2.3 million nonfatal fall injuries among older adults were treated in the emergency rooms and more than 662,000 of these patients were hospitalized
- In 2010, the direct medical costs of falls, adjusted for inflation, was \$30.0 billion dollars.

What outcomes are linked to falls?

- Twenty to thirty percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, or head traumas. These injuries can make it hard to get around or live independently, and increase the risk of early death.
- Falls are the most common cause of traumatic brain injuries (TBI). TBI accounted for 46% of fatal falls among older adults.
- Most fractures among older adults are caused by falls. The most common are fractures of the spine, hip, forearm, leg, ankle/pelvis, upper arm, and hand.
- Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.

How can older adults prevent falls?

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask your doctor or pharmacist to review your medications—both prescription and over the counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have your eyes checked by an eye doctor at least once a year and update your eyeglasses to maximize your vision.
- FINALLY ASK ONE OF OUR DOCTORS AT MCDOWELL PODIATRY TO CONDUCT A FALL RISK ASSESSMENT EXAM TO EVALUATE YOUR PERSONAL RISK.





Ball of Foot Pain? Metatarsalgia Could Be to Blame!

As spring transitions into summer, more and more people are venturing outside and intensifying their exercise routines, but beware—metatarsalgia could sideline you as fast as the weeds are sprouting up in your lawn.

Although it is sometimes caused by ill-fitting shoes or certain foot abnormalities, this condition often occurs as an overuse injury due to participating in sports that involve a lot of running and jumping. It can also result from a sudden increase in these high-impact activities—yes, we’re talking to all of you weekend warriors!

Typical symptoms include a sharp, aching, or shooting pain in the ball of your foot, and sometimes even a burning sensation or a feeling as if there is something in your shoe. These symptoms worsen with activity, so if you start experiencing pain, the best thing you can do is to stop and smell the newly blooming flowers! Rest is essential for your recovery. Take a load off for a while, or at least opt for lower impact activities like swimming and biking. Try icing the area to help minimize pain and inflammation. You can invest in metatarsal pads or arch supports to ease discomfort, as well, and a simple switch in footwear could also do wonders.

Don’t let metatarsalgia stop you from enjoying the season. Ask our helpful staff for more information so you can stay active the rest of the spring and far into the summer.

Let the Sun Shine in!

The Positive Side of Sunshine

There’s a lot of talk about the dangers of the sun’s rays and the damage they can cause, but sunshine isn’t all bad. Studies have shown that getting regular exposure to sunlight can boost vitamin D levels, which actually improves your mood. Not only that, it also builds your bone strength, lowers your blood pressure, and even helps you sleep better at night!

That’s because when you catch a moderate amount of rays, it triggers your brain to release a hormone called serotonin into your body, which is associated with making you feel happy, calm, and focused. Of course the key phrase there is “a moderate amount.” It’s important not to overdo it and stay in the sun too long. Always wear sunscreen (don’t forget your feet!), avoid midday rays, and wear a hat and other protective clothing. Then, you can take advantage of the sun’s benefits, without getting burned.

So, go ahead, get outside, and enjoy the day. Sunshine isn’t always dangerous and damaging—it gives you plenty to smile about, too. Bring on the summer and safely enjoy the sun.



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TREATMENT OF THE FOOT AND ANKLE

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Oh, My Aching Joints!

It's Arthritis Awareness Month! Of course, those with this condition are already well aware of the discomfort they're feeling in their joints—even just walking or buttoning up their shirts are painful reminders.

Arthritis comes in several different forms and can occur for a number of reasons. Sometimes it's caused by the wear and tear of aging, other times as a result of infection or injury, and still other culprits include work conditions, genetics, and even excessive weight. However, no matter what type of arthritis you have, or the reason behind it, one thing remains the same—it hurts!

The good news is, there are plenty of things you can do to help minimize your aches and pains. As counterintuitive as it seems, the more you move the less painful your joints will feel. So, while it might be hard to motivate yourself when just the thought of moving hurts, it's important that you exercise regularly. This can also aid in maintaining a healthy weight—another way to keep uncomfortable symptoms at bay. Of course, medication and regular checkups with us will help manage your arthritis, too.

If you are suffering from aching joints that are keeping you from daily activities and things you enjoy doing, ask our caring staff for more helpful tips so you can get back to the life you love!

