

Welcome to the May 2009 edition of Neuhaus Foot and Ankle eNewsletter

As an added value to our friends and families, we have created this eNewsletter to help us stay healthy this year! Please e-mail us if there are topics of interest to you for future editions.

What is a Hammertoe?

Hammertoe is a contracture or bending of one or both joints of the second, third, fourth, or fifth toes. This abnormal bending can put pressure on the toe when wearing shoes, causing problems to develop. Hammertoes usually start out as mild deformities and get progressively worse over time. In the earlier stages, hammertoes are flexible and the symptoms can often be managed with noninvasive measures. But if left untreated, hammertoes can become more rigid and will not respond to non-surgical treatment.

What causes a Hammertoe?

The most common cause of hammertoe is a muscle/tendon imbalance. This imbalance, which leads to a bending of the toe, results from structural changes in the foot that occurs over time. Hammertoes are often aggravated by shoes that don't fit properly. And in some cases, ill-fitting shoes can actually cause the contracture that defines hammertoe. For example, a hammertoe may develop if a toe is too long and is forced into a cramped position when a tight shoe is worn. Occasionally, hammertoe is caused by some kind of trauma, such as a previously broken toe or is inherited.

Common Hammertoe symptoms include:

- Pain or irritation of the affected toe or toes when wearing shoes. There may also be pain with or without corns and/or calluses because the joint itself may become dislocated.
- Corns (a buildup of skin) on the top, side, end of the toe, or between two toes.

- Calluses (another type of skin buildup) on the bottom of the toe or on the ball of the foot.
- Restricted motion of the toe because of the increased pain along the site.

Treatment for a hammertoe can include a variety of options which varies upon the severity of your hammertoe and other factors. A number of non-surgical treatments measures include:

- Nonsteroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen may be prescribed
- Splints or small straps may be applied to realign the bent toe.
- Place padding over the area of the corns or calluses can help minimize the pain.
- Having the corns and calluses trimmed by Dr. Neuhaus.
- Changing the types of shoes you wear.
- Corticosteroid injection therapy is sometimes used to ease pain and inflammation.
- Custom orthotic devices may be provided by Dr. Neuhaus. These devices can be worn inside all your shoes and help control the muscle/tendon imbalance causing the discomfort.

When is surgery needed for a Hammertoe?

In some cases, usually when the hammertoe has become more rigid, surgery is needed to relieve the pain and discomfort caused by the deformity. Dr. Neuhaus will discuss treatment options with you and the possibility of surgery during your visit.

Free Book

Request a free copy of

Foot Health 101

Healthy Feet

are Happy Feet

www.neufoot.com



Meet the Staff



Kinsey S. -
receptionist

Kinsey has been working at Neuhaus Foot and Ankle as our receptionist since January 2009. She graduated from MTSU with a Bachelors of

Science in Elementary Education K-6. She was asked what she liked the most about working as a receptionist and she stated, "I like how friendly and relaxing the office is, yet professional. Also, I enjoy the close relationships with our patients."

Our Success Story

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to www.neufoot.com/contact.html to e-mail us.

Office Hours

Monday - Friday
8am - 5pm

Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members."

Product of the Month

CrocsRx - Relief



The Crocs Company has now gone one step further by providing foot relief with light weight crocs that are comfortable to wear. The

Relief, by CrocsRx Medical, is specifically designed to provide therapeutic relief for a number of foot conditions. The anatomically designed sole provides comfortable relief for plantar fasciitis, heel bruises and other plantar injuries, while the roomy forefoot allows a comfortable fit with no pressure points, relieving bunions and other foot irregularities. The forefoot can be molded with a small amount of heat to accommodate post-op bandages, hammer toes and claw toes.

Community Service

"Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new **MALCO-ROXY Theater in Smyrna, TN.**

As always, if you have any questions or comments, feel free to email us anytime!
Matthew Neuhaus, DPM drneuhaus@neufoot.com or neusflash@aol.com

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