

PREMIER SPORTS MEDICINE NEWSLETTER

With the weather changing and getting colder and colder every day, it is important not to give in to your urge to hibernate and sit on the couch all day. If you do celebrate during the holidays and need to



*buy presents, make sure to go out of your home to buy some of them. It will give you an excuse to exercise. **Believe it or not, but walking is a form of exercise!** Make sure to park farther away from the Store Front, so that you can get a little more exercise in.*

IS HOLIDAY SHOPPING A..... PAIN IN THE BUTT??

By Mohamed Masoud, PT., DPT

As the holidays are approaching and you are aimlessly walking around the mall for hours, you may start to develop pain that may originate in your hip/buttock muscle and may travel into your leg. This pain may be known as sciatica. But what is Sciatica really? Sciatica is the irritation of the Sciatic Nerve. The nerve can and usually gets irritated by the piriformis muscle, which is one of the muscles in your gluteal region (or your buttocks). The Sciatic Nerve sits just beneath the Piriformis muscle. When the nerve gets aggravated, it causes a tingling sensation which starts at the buttocks and shoots down the leg. The Piriformis muscle is an external rotator, which means that the muscle helps to move the thigh.



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Tightness of the Piriformis Muscle can be caused by many activities such as long periods of sitting, standing, or walking. The pain can start off as sharp and is localized to the gluteal region, but the pain can quickly become nagging and even debilitating.

CAN YOU PREVENT SCIATICA?

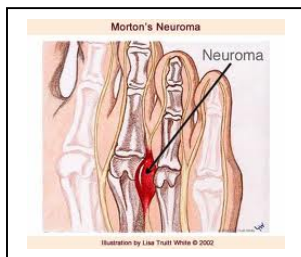
There are many things you can do to prevent or eliminate sciatica.

1. One effective measure is piriformis stretching which can be done while sitting or lying down.
2. One stretch involves lying on your back and bending your hip and knee. You can grasp your knee with your opposite hand and pull it towards your opposite side shoulder.
**You can also perform this stretch in the sitting position. While sitting in the chair, cross your right leg over your left placing your right ankle on your left knee. Keeping your back straight, lean forward and push down on your right knee.
3. Other solutions for sciatica include rolling your Piriformis Muscle on a foam roll or golf ball to reduce piriformis tightness.

NEUROMA: WHAT IS IT?

By Sharon S. Joag, DPM

A neuroma is an inflammation of a nerve in your foot. If you have ever felt a shooting pain on the top or the bottom of your foot; pain that shoots up into your leg or into your toes, you may have a neuroma. Neuromas usually occur when there is increased pressure on the foot. With the change of season, which we deal with on a yearly basis, many people will develop neuromas. Now, you may ask... "What does the change of season have with developing a Neuroma?". The answer is simple. With a change of season, comes a change of shoe wear. Especially when we go into dramatic changes, like wearing slippers or sandals where our toes are free, and then having to wear boots; our feet are stuffed into closed shoes which we have to wear all the time, and this leads to increased pressure on the feet. From November/December until around March or April, we will be in closed shoes. If you work on your feet all day or have to walk long distances to work (i.e. if you work in NYC), this adds to the pressure, since your feet will swell at the end of the day, leading to even more pressure from shoes.



An increasing number of people will come to my office at the start of winter complaining of neuromas.

Your foot has many branches of thick superficial and deep nerves running throughout the length of your foot. The most common area of nerve pain or neuroma in your foot is at your Third interspace. The reason is because the nerve in this particular area is larger than in any other interspace of your foot. If you do have pain in the third interspace of your foot, this is called a Morton's Neuroma.

HOW CAN I TREAT A NEUROMA? DO I HAVE TO GO TO A DOCTOR?

You may be wondering what you can do at home to alleviate the Neuroma pain. You can do many things before to go to your Doctor or Podiatrist.

1. Make sure that your shoes are not too tight. You can go into any shoe store and ask them to measure your feet, to make sure that you are getting into the right sized shoe.
2. You can ice your foot, especially at the end of the day. The ice will decrease the swelling in your foot/feet, thereby decreasing the pain.
3. Make sure to stretch after you ice your foot. Use an elastic band (you can get this at any Sports Shop) to stretch out your toes... extend and flex your toes and your feet daily.
4. Take an anti-inflammatory to decrease the inflammation and the pain. If you have done all of the above for 1-2 weeks and you still have pain, it may be time to call your Podiatrist. They may need to give you an injection to shrink the inflamed neuroma or they may be able to recommend other treatment options. In rare cases, you may need to undergo surgery.

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Wishes You and Your Family a

Safe, Healthy, and Happy

Holiday Season!

609-910-9005

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