



RIPEPI FOOT & ANKLE CLINICS

Alleviating Foot & Ankle Pain

February 2022

stopfootpaintoday.com

News and Updates

The Amazing World of Lasers



When you think of lasers, what comes to mind? An evil plot to rule the world, maybe? Perhaps a sci-fi movie weapon or high-tech security system? Well, how about a way to eliminate evil fungi that want to take over your toenails, or a weapon against conditions that are causing you pain? The lasers used in podiatry are high-tech for sure, but far from science fiction!

Lasers help relieve symptoms, promote healing of tendon, repair damaged nerve cells, and treat neuropathy to get you back to feeling happy and healthy. They can also eliminate those evil fungi in your nail planning on foiling your plans for a barefoot summer. In fact, laser technology can be used to treat a number of issues, safely, efficiently, and effectively. You can stroll into our office, and minutes later stroll out with no downtime or side effects to stop you from returning to the activities you love!

MLS laser therapy uses a patented fully robotic laser to significantly reduce pain and inflammation, while also promoting soft tissue repair. Two wavelengths of light are used in unison, penetrating the affected area of the body for optimal results. This laser works at the cellular level where light energy is converted into biochemical energy (think of this like photosynthesis in plants). **This energy stimulates natural healing processes by speeding up cellular reproduction and growth.** This laser works great for Plantar Fasciitis, Achilles tendonitis, neuromas and ankle sprains to name a few.

Fungal nail lasers penetrate the nail to zap the fungus beneath it, eliminating the problem at its source without affecting any surrounding tissue. A new healthy nail will grow in and take its place – science but not fiction!

While some lasers use heat, **cold laser therapy (such as the MLS laser) does NOT** and can be used to help with pain, swelling, or damaged nerves, pinpointing the problem area, blocking pain, destroying damaged cells while encouraging new cell growth, and boosting the healing process, all at the same time. It's more like a magic wand than a wavelength of light!

In most cases, laser therapy takes several sessions, depending on the condition, its severity, and the lifestyle you lead. Learn more about the **wonderful world of lasers** and how they can benefit you by visiting us online (www.stopfootpaintoday.com) or simply asking our helpful staff.



THE SEASON OF GIVING IS HERE!

Joy of Sox



You are INVITED to DONATE and drop off NEW Socks for the homeless and needy this winter season at any of our Ripepi Foot & Ankle Clinic locations. We accept any NEW socks for men, women, and children.



Ends February 28th 2022

For More Info Contact our office: (440) 843-3692



Knee Scooters: Things to Consider

Chances are, you have already seen someone utilizing a knee scooter (a.k.a. knee walker) to stay mobile and keep weight off an injured or surgically repaired ankle or foot.

Knee scooters have several advantages over crutches and walkers. For starters, it takes a significant amount of upper-body strength to walk with crutches or a walker. Not everyone has that — or the necessary endurance — or they might be suffering from an arm or shoulder injury. Crutches or walkers can also cause underarm, hand, or wrist discomfort. Those aren't issues with knee scooters.

Knee scooters also provide elevation for the foot or ankle, which aids healing. If you stop for whatever reason, your hands are free. Not so with crutches and walkers.

The speed of a knee scooter is advantageous as well — on smooth surfaces. For college students, knee scooters can be lifesavers for getting to class on time. Many universities provide golf-cart services to help students with mobility issues, but students are at their mercy as far as the clock goes.

There are potential drawbacks, too:

- Turns may cause tip-overs for some; there is a learning curve. Be extra cautious to start and take wide turns.
- Tighter office or home spaces may not accommodate them.
- Stairs are an obvious problem.
- Conditions like tendonitis may be a concern for the push-off leg if the scooter is used for great distances without rest breaks. Long stretches at a 90-degree angle are not great for the leg on the scooter, either.
- Insurance typically does not cover them. If you'd still like one, you can weigh the benefits of buying versus renting.

If you've got questions about knee scooters, contact our office for expert guidance.

Mark Your Calendars

- Feb. 2** Groundhog Day: Punxsutawney Phil is fun ... but bad at his job (39% success rate).
- Feb. 7** Periodic Table Day: Over 75% of the elements are metals. Most abundant metal? Aluminum.
- Feb. 13** Super Bowl Sunday: The Roman numeral designation began in 1971 (Super Bowl V).
- Feb. 14** Valentine's Day: More money is spent on jewelry than any other V-Day gift category.
- Feb. 20** Cherry Pie Day: #5 most popular, behind apple, pumpkin, pecan, and banana cream.
- Feb. 21** Presidents' Day: The National Wrestling Hall of Fame inducted Lincoln in 1992.
- Feb. 22** Be Humble Day: The creator of this day is unknown ... true humility.





Two Sides to Every Story

Issachar Zacharie, a skilled English podiatrist, arrived in America in the mid-1840s. He had a commanding presence — intelligent, witty, eloquent ... and gifted in self-promotion. He offered distinguished public figures free podiatry services, garnered glowing testimonials, then watched as patients rolled in with cash in hand.

After settling in Washington, D.C., in 1862 (amidst the Civil War), he made inroads with political heavyweights, including President Lincoln, who had numerous foot issues. During appointments, they struck up a friendship, discussing matters of the republic and Jewish affairs — Zacharie was Jewish and Jews were a growing national constituency.

Lincoln dispatched Zacharie to New Orleans in 1863 following its Union capture to gauge Southern sentiment toward Union policies; win Jewish support for the Union; and gather military intelligence. Zacharie eventually traveled the South as a diplomat.

The results were mixed. Zacharie provided valuable assistance to New Orleans Jews experiencing food and medical-supply shortages. And he strongly urged Lincoln to rescind Ulysses Grant's anti-Semitic General Orders No. 11, which called for the expulsion of Jews from parts of three Southern states under Grant's military purview for Confederacy trade blockade violations.

Conversely, the network of ragtag intelligence gatherers he assembled frequently dropped the ball. He also failed on several diplomatic fronts, including backing an alleged, and controversial, plan to end the war — the Union would take over the South, and the Confederate army would oust Emperor Maximilian in Mexico and establish their own state there.

Before war's end, Zacharie returned to podiatry in Philadelphia and relished his status as a prized social guest.

Some historians consider Zacharie a charlatan who lived for rubbing shoulders with the glitterati. Others argue he was a strong advocate for oppressed Jews in this country — and legitimized podiatry. Either way, he is an interesting historical footnote.



For Valentine's Day ... Chicken Saltimbocca for Two

Yield: 2 servings; Prep time: 20 mins.

This healthy chicken saltimbocca recipe makes an impressive yet quick, classy Valentine's Day dinner. Serve this Italian-inspired chicken with roasted broccoli rabe and creamy polenta to round out this elegant meal.

Ingredients

- 2 small boneless, skinless chicken breasts (5–6 ounces each)
- 1/4 teaspoon ground pepper
- 2 thin slices prosciutto
- 2–4 fresh sage leaves
- 1½ teaspoons all-purpose flour
- 1 tablespoon butter
- 2 tablespoons extra-virgin olive oil
- 3/4 cup dry Marsala wine

Directions

1. Put chicken breasts between pieces of plastic wrap and, using a rolling pin or the smooth side of a meat mallet, bash them to a thickness of about 1/4 inch, but don't bash so hard that they break up. Season with pepper. Wrap a slice of prosciutto around each chicken escalope, and put a sage leaf or two on top. Lightly dust the chicken on both sides with flour.
2. Heat butter and oil in a large skillet over medium heat. Cook the chicken until no longer pink in the middle, about 3 minutes per side. To check if it's done, stick the tip of a sharp knife into it — the juice that runs out should be clear with no trace of pink. Transfer the chicken to a warm platter and cover with foil.
3. Add Marsala to the pan and cook over high heat until thickened and reduced by about half, 3 to 4 minutes. Serve the sauce over the chicken.

Recipe courtesy of
www.eatingwell.com.



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StopFootPainToday.com



Go to website to learn more:
www.stopfootpaintoday.com

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Winter's Last Hurrah

Skiing and snowboarding are favorite wintertime recreational activities, but feet and ankles sometimes pay the price.

Skier's toe, or "toe bang," is bleeding under the toenail (subungual hematoma) caused by poorly fitted ski boots. If boots are too loose, feet move back and forth and the big toe gets rammed into the front of the boot. If too tight, there's constant pressure on the toe/toenail. Skier's toe can be painful and may need to be drained ... by a podiatrist.

Ankle sprains and fractures are common injuries on the slopes, with sudden twists and turns, falls, ski-lift stumbles, collisions, fatigue, and lack of judgment. Properly fitted boots are a must (a pattern is emerging), as are properly adjusted fastenings.

Snowboarders have an injury named after them: snowboarder's fracture. Landing a jump sometimes forcefully twists the ankle upward and outward. It's seemingly "just" a bad ankle sprain, and x-rays frequently don't pick it up. Snowboarder's fractures are a challenge to diagnose, especially by ER doctors lacking expertise in podiatry. If your "sprain" is not improving, contact our office upon returning home.

Metatarsalgia is inflammation in the ball of the foot typically caused by overuse. It manifests as numbness, a burning sensation, or a general achy feeling. Morton's neuroma is nerve inflammation most often occurring between the third and fourth toes — poor boot fitting, pinched nerve, discomfort.

Beware of frostbite, too. Purchase winter sport-specific socks made of wool, bamboo, or a hybrid of either with an artificial fiber (polyamide or polypropylene) for wicking. Don't wear multiple layers (reduced breathability and bunching), and make sure they don't cut off circulation at the top of the sock. Good waterproof ski/snowboarding boots are vital.

If your feet or ankles have the post-vacation blues, our office can help.

