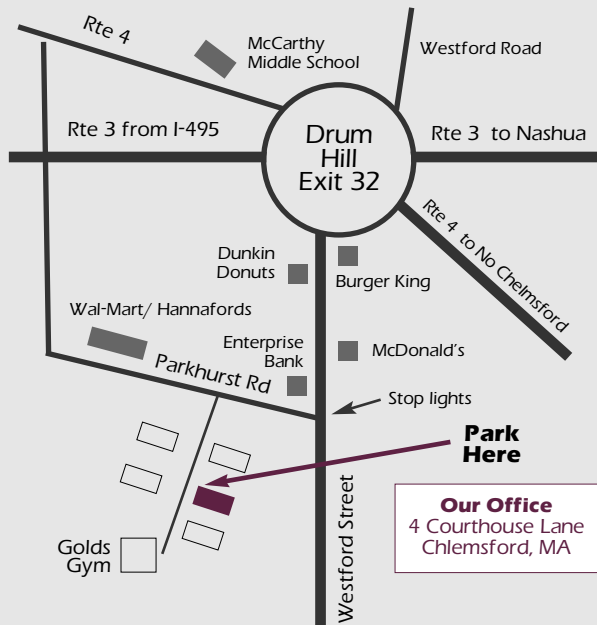


## Chelmsford Office

**978-441-9241**  
**4 Courthouse Lane**  
 (Behind Wal-Mart at Drum Hill)

New England Foot & Ankle, P.C. is located in the Courthouse office complex on Parkhurst Road behind Wal-Mart. Follow the signs to Gold's Gym. Our office is in the yellow building (the second building) on the left, just past the mailboxes.



## Newburyport Office

**978-463-0086**  
**260 Merrimac Street**  
 (Towle Office Bldg)

New England Foot & Ankle, P.C. is located on Merrimac Street, approx 1/2 mile west from downtown Newburyport (towards Amesbury). Parking and entrance at rear of building. Follow the information sign in the courtyard to the appropriate building entrance.



### Our Doctors are on staff at:

- Lowell General Hospital, Lowell
- Saints Medical Center, Lowell
- Anna Jaques Hospital, Newburyport
- Merrimack Valley Hospital, Haverhill

New patients are welcome.  
 Please call for an appointment.

We accept most managed care plans and private insurances, check, cash and major credit cards



visit our Website at:  
[www.nefootankle.com](http://www.nefootankle.com)



**Jerold Fleishman, DPM**



**Timothy Downs, DPM**



**Caroline Gauthier, DPM**



**Cathy Coker, DPM**

## New England Foot & Ankle, P.C.

# Fix Your Feet Before Losing Weight

Some Facts You Should Know.



visit our Website at:  
[www.nefootankle.com](http://www.nefootankle.com)

## The Effect Of Weight On Your Feet

Being overweight can lead to foot pain because of the increased body weight and stress to the foot. Foot pain, in turn, can lead to being overweight or obesity when it limits one's ability to exercise. The life threatening cycle that is created can make weight loss difficult, if not impossible.

To make matters worse, sore feet or abnormal foot structure tends to be much worse, and more likely to limit one's ability to exercise and lose weight; and without exercise, obesity worsens and increases progression of diabetes, heart disease and other serious health problems. Foot or ankle pain should not stop one from exercising and making weight loss a priority. The first step towards breaking the cycle is to seek evaluation and treatment by a foot and ankle specialist *before* starting a weight loss program.

By treating the more likely cause of exercise-limiting foot pain, and not simply blaming the foot pain, one can overcome the pain cycle that stops overweight people from performing that exercise.



## Foot pain

While problems vary from patient to patient, foot and ankle pain often occurs in weight bearing areas (e.g. joints), as well as in the tendons and ligaments. Common foot problems include tendonitis, heel pain/plantar fasciitis, arthritis, fractures and sprains. With proper foot evaluation and care, along with the right footwear, most patients can follow an exercise regimen that is safe and appropriate for them.

### Prevention and Treatment

- Apply ice and compression until you see the doctor
- Do not walk barefoot
- Rest and elevate your foot

## Heel pain

Shedding excess pounds also helps to decrease heel pain. With extra weight, the heel takes on more pressure, the arch and sides of the feet stretch out more, the bones are more apt to develop stress cracks, and shoes don't fit as well. Over an extended period of time, the changes to body weight take their toll, and foot injury slowly develops from the stress and strain.

### Prevention and Treatment

- Apply ice
- Stretch calves often
- Do not walk barefoot
- Wear shoes that have a strong, supportive arch and firm heel

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## Arch pain/ Flatfeet

Overweight people must be most concerned with the arch of the foot. As excessive amounts of weight are forced upon the feet, the muscles, tendons, and ligaments, which hold up the arch of the foot, collapse or lengthen. All these structures get weaker and stretch. The bones and joints of the feet can shift and collapse, causing the arch to flatten. This will lead to pain not only in the feet and ankles, but also in the shins, knees, hips, and lower back.

Furthermore, the effect of obesity on the foot and ankle should come as no surprise, as it is estimated that every pound of body weight puts three pounds of force through the foot while walking, and as much as seven pounds when running! For example, if two people, one of normal weight and the other overweight, suffer the exact same injury through the same mechanism of injury, the overweight person will suffer a much greater degree of injury meaning the problem will end up more severe, in the long run.

### Prevention and Treatment

- Wear proper shoe inserts
- Wear supportive shoes
- Visit a podiatrist for specialized orthotic devices

## Excess weight and healing

Overweight people may suffer from metabolic syndrome, which can slow the healing process. An overweight person requires more time to heal, which makes an early evaluation by a foot and ankle specialist critically important.



## Podiatrists can help

As foot and ankle specialists, we're committed to getting you exercising again or continuing your exercise program in order to achieve your weight management goals. We have a wide variety of treatment options available including orthotics, bracing, physical therapy, athletic shoes, inserts, cortisone injections, taping, stretching exercises, minimally invasive procedures, systemic anti-inflammatory medications, and more.

Before you begin a weight loss program or at the first signs of foot pain, come to see us at New England Foot & Ankle, P.C. for a consultation.



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visit our Website at:  
[www.nefootankle.com](http://www.nefootankle.com)