



FEET FIRST!

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Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!



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Fellow American College of Foot and Ankle Orthopedics and Medicine

Fellow American Society for Laser Medicine and Surgery

Fellow American Professional Wound Care Association



Dr. Dan Olson

Associate American College of Foot and Ankle Surgery

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Fall Sports and Foot Care

It's hard to believe when you're sitting in 95° heat that fall sports are just around the corner.

However, practice for many of the fall sports begin long before your child returns to school after a relaxing summer vacation.

Does your child play a fall sport? Perhaps soccer or football? If so, then most likely you're aware of the potential risks for injury. In fact, you may have even witnessed an incident when a player got hurt.

Ankle injuries are very common in many sports, but there are many ways to decrease the likelihood that they will occur. And let's face it...what child wants to be sidelined with an ankle or foot injury?

Keep these tips in mind as your child begins fall sports practice – it may save you and your child a lot of down time as your summer nears an end and school starts up again!

- Buy new shoes – even if the ones from last

year still fit. Wear and tear on athletic shoes can cause uneven surfaces making injury more likely to occur.

- On that same subject – when you purchase new shoes, make sure they fit properly. They may or may not be the same size as your child's regular shoes due to the requirement for thicker socks, for example.
- Make sure the shoes are the right shoes for the sport your child is playing. Some sports require cleats for better performance and turf handling.



Fall sports can cause potentially serious foot and ankle injuries.

- Make sure the playing field is properly maintained to reduce injuries. Many falls are attributed to uneven playing surfaces. Parents should be encouraged to take a walk on the field to look for "pot holes" that might trip up a player and cause an injury. Alert the coaches/officials to any areas of concern
- Make sure you child stretches and "warms up prior to game time to reduce the risk of injury.

We all know – accidents do happen. If your child is injured in a game, be sure to secure prompt attention and appropriate treatment for the injury. Delay if there is a cause for concern can certainly make matters worse, especially with children who are still growing.

Remember – it's always better to seek qualified medical care. Any questions? We're always here to answer them!

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*Quote of the
Month...*

**“The place where
you made your
stand never
mattered. Only
that you were
there...and still
on your feet.”**

Stephen King

About Our Practice

Podiatric Medicine and Surgery is a medical specialty that deals with conditions of the foot and ankle.

Podiatric physicians, who are sometimes called foot doctors or foot and ankle surgeons, treat many conditions of the foot and ankle, including sprains, fractures and other trauma, calluses, plantar warts, bunions, ingrown toe nails, and diabetic foot problems.

The foot and ankle are the foundation of your entire body. Since your entire upper body rests on your feet, it is essential to maintain a proper base of support.

Therefore, it is imperative that you take the necessary steps to insure that the foot and ankle are always in their optimal corrected alignment. Keeping a

“leg up” on any problems or symptoms you may notice helps to insure that you have a more comfortable lifestyle.

Dr. Tomassi is Board Certified by the American Board of Podiatric Orthopaedics & Primary Podiatric Medicine.

He received his podiatric education at the Ohio College of Podiatric Medicine and has been in private practice since completing his post-graduate residency in Youngstown, OH.

Dr. Tomassi has held many positions on professional boards and received numerous distinguished awards.

In addition, Dr. Tomassi is extremely involved in charity activities. He provides Christmas dinners each year to needy area families (since 1988) and provides lower extremity screenings

each year to Special Olympics athletes.

Dr. Dan Olson attended Gannon University (Erie, PA) where he received a bachelor’s of science degree. He also received his podiatric education at the Ohio College of Podiatric Medicine in Cleveland.

Dr. Olson is an Associate Member of the American College of Foot and Ankle Surgeons and is board qualified by the American Board of Podiatric Surgery.

He is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association in which he serves as secretary of the Erie/Northwest Division.

At **Baycity Associates in Podiatry**, we are confident that we can help you with any foot or ankle challenge you might have and we look forward to serving you!