

Watch Out for These Red Flags

“When should I see a foot and ankle specialist?” This is one of the most common questions that seem to be asked among those who don’t like to go the doctor. Studies have shown over and over again that the feet often get ignored when it comes to the overall care of the body. Although we don’t often think about our feet, when they do start to hurt, your body has a unique way of letting you know about it. So, for those of you that need a written, documented excuse to see a foot and ankle specialist, here ya go... Although not all inclusive, this list should help.

If any of these symptoms are present, it is time to see your friendly local Foot & Ankle Specialist:

- Pain that persists for more than 72 hours (pain is never normal)
- Swelling of one leg or foot that persists for more than 24 hours.
- Pain which increases with exercise or walking.
- Pain at rest or with elevation of the legs.
- Sudden progression of a foot deformity (hammertoe, bunion)
- Any infection. (Diabetics can’t afford to wait even 1 day!!)
- Development of a blister or ulcer on the foot which you did not feel occurring or which is not healing. (nearly 90,000 amputations occur every year among diabetics from the above)
- A unilateral flattening of the arch.
- Loss of sensation or a dulled feeling in the feet.
- Sudden or progressive weakness.