

HEALTH

HARLEM COMMUNITY NEWSPAPERS

Keep Feet Pretty and Safe

By Dr. Eunice Ramsey-Parker, DPM, MPH, Clinic Administrator, Foot Center of New York



seemingly so right for the summer, but they give podiatrists like me nightmares!

Why? Flip-flops leave your feet unprotected and too exposed to everything on the sidewalks: glass, dirt, and other debris and subway steps that can scrape and cut your feet. Flip-flops do not support your feet in any way; they don't provide any cushioning for the balls of your feet or your heels when you walk on hard surfaces, and they don't support your arches at all. Any foot problems you have can worsen, and the

stresses on your feet will create problems where there were none before. Whether you realize it or not, your toes are curling and holding onto the flip-flops so they don't slip off. This action puts stress on your tendons and your calf muscles, causing heel pain and worsening bunions. This is true of mule-style sandals also.

Second, some words of caution if you get a pedicure at a salon. Fungal and bacterial infections lurk everywhere, even if the salon looks clean. Many salons clean the soak-

ing tubs (not all do), but may not clean the drains for every customer. Also, salons may not sterilize, or sterilize completely, the instruments they use to cut and file your nails. Bringing your own instruments to the salon avoids this problem. Summer's here, time to keep your feet both pretty AND safe.

Tips:

- Wear sandals that have a strap around the heel so they move with your foot.

- Bring your own instruments to a salon for your pedicure. Consider bringing your own polish.

- Diabetic? Have your podiatrist cut your nails, then bring your own anti fungal nail

polish to the salon.

Dr. Eunice V. Ramsey-Parker, DPM, MPH, is Clinic Administrator of the Foot Center of New York at 55 East 124th Street between Park and Madison Avenues. Learn more about the Foot Center at www.footcenterofnewyork.org.

Summer's here and everywhere you look, people are wearing sandals, sneakers, summer shoes of all descriptions and showing off colorful pedicures.

What's wrong with this picture? First, people of all ages are wearing flip-flops – comfortable, light, flexible, affordable flip-flops,



PHYSICAL THERAPY HARLEM

PHYSICAL THERAPY OF HARLEM, L.L.P.

WE ARE COMMITTED TO PROVIDING
DIGNIFIED, PERSONALIZED CARE

PROGRAMS:

- BACK AND NECK CARE
- SPORTS MEDICINE
- OSTEOPOROSIS
- BALANCE
- TOTAL JOINT REPLACEMENTS

TREATMENT PROTOCOLS:

- PREVENTION AND EDUCATION
- CLOSED CHAIN STABILIZATION
- WEIGHT TRAINING
- HOME EXERCISE PROGRAMS

212-996-3303







MEDICARE AND MANAGED MEDICAID INSURANCES ACCEPTED

CONDITIONS TREATED INCLUDE:

SPRAINS/STRAINS/MUSCLE SPASM - FRACTURES
 CARPAL TUNNEL SYNDROME - WHIPLASH
 BACK PAIN - PLANTARFASCITIS
 WEAKNESS AND INSTABILITY
 POST-OPERATIVE REHABILITATION FOR
 KNEES/SHOULDERS/ELBOWS/ANKLES AND FEET
 TENDONITIS/BURSITIS
 TOTAL HIP/KNEE REPLACEMENT
 NEUROPATHY

1400 Fifth Avenue (Entrance on 116th St.)
*******NEW LARGER LOCATION*******



Harlem Link



Charter School

EXPANDING KINDERGARTEN FOR 2015-2016!!!!!!

DID YOU KNOW?

- HARLEM LINK CHARTER SCHOOL HAS SERVED THE HARLEM COMMUNITY SINCE 2005
- WE ARE ACCEPTING APPLICATIONS FOR THE KINDERGARTEN WAITING LIST
- OUR SCHOOL SERVES PRE-K TO 5TH GRADES
- WE PROVIDE AFTER SCHOOL PROGRAMMING KINDERGARTEN THROUGH 5TH GRADE!

ENROLL ONLINE AT WWW.HARLEMLINK.ORG
 QUESTIONS CALL (212) 289-3249

20 WEST 112TH STREET, NEW YORK, NY, 10026 (212) 289-3249