

# Dr. Lee S. Cohen Newsletter

December 2015

## In This Issue

[Basketball Shoes](#)  
[Plantar Fasciitis](#)  
[Blisters, Calluses, & Corns](#)

## Quick Links

[Register Now](#)  
[News](#)  
[More On Us](#)

## Join Our List

[Join Our Mailing List!](#)

**DrLeeCohen.com**  
**610-522-9200**



Welcome to the Dr. Lee Cohen community. Our practice is working together to realize a shared vision of uncompromising excellence in podiatric care. We focus on addressing treatment, injury prevention, and athletic performance enhancement.

## Dr. Cohen's Basketball Picks

Dr. Lee S. Cohen



Looking for a basketball shoe with **cushioning**? Choose the Nike Kobe X, the UnderArmour Stephen Curry 1, or the Adidas Crazylight Boost.



Looking for a basketball shoe with **stability**? Choose the Nike Hyperdunk 2015, the UnderArmour Micro G Pro, or the Adidas Crazy 8.



Refer an athlete  
and receive a  
free t-shirt & gift  
pack!



## Plantar Fasciitis

If you have pain underneath your heel bone, that has developed over time or could have occurred at the moment in which you tear the ligament, you could be experiencing plantar fasciitis. This would result in some swelling in the



heel and arch area. Plantar fasciitis is the most common cause of heel pain.

It usually causes a sharp pain in the bottom of your foot near the heel especially first thing in the morning.

The important thing to note is that the plantar fascia is actually a ligament

that stretches from the heel bone to each of the five toes. It acts as an elastic guide wire to support the bottom of the foot, especially the arch. Therefore, if an athlete subjects this tissue to an abnormal amount of force, the fascia becomes irritated. This irritation can lead to a tear. Do not ignore plantar fasciitis because it could lead to chronic heel pain that develops into foot, back or knee problems.



### Blisters, Calluses, and Corns; Oh My!

The presence of blisters, callus, or corns indicates that friction, rubbing, and irritation is occurring. This friction could be happening due to an imbalance of the foot, bony growths resulting in exostosis, or even excessive motion of joints. If you were to examine your own feet, and you found calluses under your big toe, it is a good indication that your biomechanics are the problem. If you discover the calluses are on your heels, then this is the result of an improper gait. If you noticed any of the abnormalities listed above, consider discussing your options with your local sports podiatrist. They will be able to evaluate your gait, make shoe recommendations, and prevent an injury.



Use this area to provide your subscribers information about your organization.

**Sincerely,**

Lee Cohen  
Dr. Lee S. Cohen