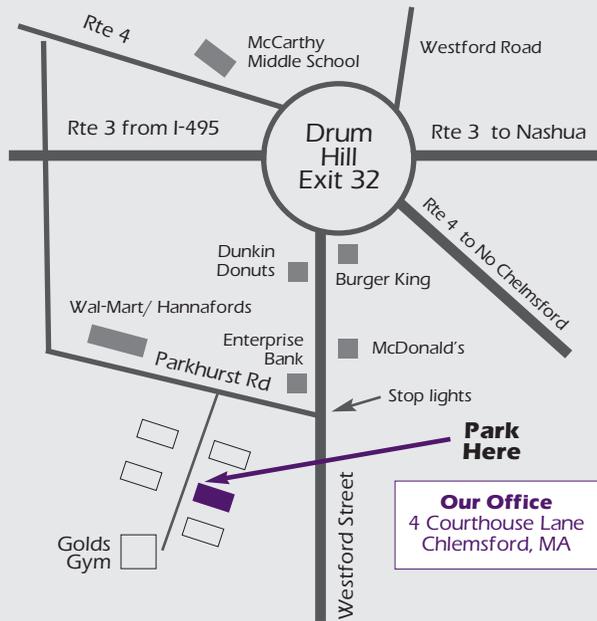


Chelmsford Office

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



Jerold Fleishman, DPM



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Cathy Coker, DPM

New England Foot & Ankle, P.C.

Pregnancy Can Affect Your Feet

Some Facts You Should Know.



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Pregnancy and Your Feet

While the joys of motherhood may be one of life's most precious gifts, expectant mothers have to endure the rigors of pregnancy before they can experience baby bliss. As a woman's waistline expands, healthy weight gain during pregnancy can alter one's center of gravity. This new posture, coupled with weight gain, can create pressure on the knees, legs and feet.

Some of the most common foot and leg conditions affecting pregnant women are swollen feet, overpronation (commonly called flatfeet), heel pain/ plantar fasciitis, and cramps in the legs and feet. An obstetrician or gynecologist should consider making a referral to a podiatrist for specialized treatment of these conditions. You will find in this brochure that it's important not only to understand about these conditions but also what options exist for preventative measures and treatment.



Swollen Feet

Pregnancy causes excess fluid collection, called edema, in the foot tissue. This is due as a result of extra blood accumulation in the lower extremities (due to weight and position of the fetus in the womb), usually during the third trimester of pregnancy. The enlarging uterus puts pressure on the blood vessels in the pelvis and legs causing circulation to slow down, as well as causing blood pooling in the lower extremities (swelling in the lower legs and feet), and varicose veins.

Prevention and Treatment

- Try waist-high maternity support stockings. Put them on before you get out of bed in the morning so blood doesn't have a chance to pool around your ankles.
- Put your feet up whenever possible.
- Uncross your legs or ankles while sitting.
- Stretch your legs frequently while sitting.
- Wear comfortable shoes.
- Wear arch supports.
- Measure feet periodically and adjust shoe size as necessary, because feet can lengthen and widen.



Overpronation/Flatfeet/ Increased Foot Size

A pregnant woman can experience flattening out of her arches (pronation) due to body weight and hormonal changes. The same hormones released during pregnancy that increase the flexibility of the birth canal also have an effect on the feet. The hormones cause loosening of the ligaments of the foot that leads to an increase in foot size and decrease in arch height. It's important to treat over-pronation to provide pain relief but also to prevent other foot conditions from developing such as heel pain/plantar fasciitis, pain in the ball of the foot, tendinitis, bunions and hammertoes.

Prevention and Treatment

- Purchase over-the counter or custom arch supports in order to prevent overpronation and decreased arch height.
- Choose comfortable footwear that provides extra support and shock absorption such as Dansko Professional clogs or Crocs RX Cloud.
- If you're looking for a walking or athletic shoe, consider buying a running shoe, which also offers more shock absorption.
- Avoid high heels.

Heel Pain/Plantar Fasciitis

Flattening of the arch can lead to extreme stress and inflammation on the plantar fascia, the fibrous band of tissue that runs from the heel to the forefoot. This causes heel pain and difficulty standing and walking. Many patients may also develop heel spurs.

Prevention and Treatment

- Try over-the-counter shoe inserts.
- Visit a podiatrist for treatment, which may include specialized orthotic devices.
- Warm up and stretch properly before exercising.
- Exercise and stretch daily.
- Do not walk barefoot.
- Wear shoes that have a strong, supportive arch and firm heel.

Cramps in the Feet and Legs

The increased blood volume during pregnancy and high hormone levels relax your blood vessels to prevent high blood pressure. Relaxed and slack vessels can slow down your circulation. Furthermore, increased weight in your pelvis caused by the fetus can compress the veins and lead to cramps.

Prevention and Treatment

- Drink plenty of water.
- Stretch calves often.
- Wear supportive shoes.
- Eat a healthy balanced diet to make sure there are no vitamin or mineral deficiencies.
- Walk the cramp out.
- Increase circulation by rotating your ankles 10 times to the right, then to the left. Switch legs. Repeat 10 times.

In order to prevent pregnancy-related foot pain and problems, make sure to see a podiatrist at the beginning of your pregnancy. A foot and ankle specialist will help you prevent the conditions mentioned above and will improve the health of your feet.