



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



REQUEST AN APPOINTMENT

OUR OFFICE
74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
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OUR WEBSITE
CoachellaValleyPodiatrist.com

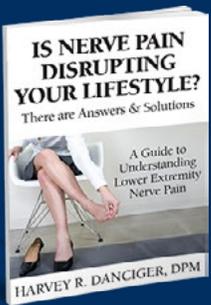
CALL NOW: (760) 568-0108

School's In Session

Summer ended for local kids on August 23—the first day of school for the Desert Sands Unified School District!

Even though children are the ones hitting the books, education should really be a lifetime endeavor, and especially when it comes to health-related matters. This is a big reason we update our blog and create these newsletters for you. After all, an educated patient is able to make the best possible healthcare choices.

Given the importance lower limbs play in keeping children healthy, happy, and active, one particular area you may want to continue learning about is child foot care!



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Common Child Foot Problems

The best starting point for **child foot health** is being aware of potential problems. In this case, we are talking about common issues like:

INGROWN TOENAILS AND PLANTAR WARTS

These are conditions that can (and do!) technically affect people of all ages. That said, they are quite common amongst younger patients. We provide effective, yet gentle care to address these problems.

SEVER'S DISEASE

In spite of the name, this isn't a disease. Rather, Sever's—the most common source of child and adolescent heel pain—is a kind of growing pain. Accordingly, we provide treatment to address symptoms until physical maturity is reached.

PEDIATRIC FLATFOOT

In most cases, a flatfoot condition isn't actually the problem parents think it is. (Of course, any good parent is bound to be concerned when he or she notices something out of the ordinary!) There are a couple of possible reasons for fallen arches in children, but the important thing to keep in mind is this – treatment usually isn't necessary if there isn't any pain. And if there is, we can help!

INTOEING AND OUT-TOEING

As with flat feet, it can be concerning to realize that a child's feet point inward or outward. Fortunately, a majority of these cases resolve on their own over time (especially intoeing). **When professional care is needed**, bring your son or daughter in to see us.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

LEARN MORE



READ OUR BLOG

How to Buy Children's Shoes

In addition to other preventive measures—proper nail trimming and hygienic practices, providing nutritious meals, encouraging regular exercise and stretching, etc.—a key step in keeping children's feet safe and healthy is making sure they have proper footwear!

When buying shoes for your child, the first step is to make sure you bring your son or daughter with you to the store. It's important to keep that "to the store" part in mind. For related reasons, you shouldn't buy children's shoes online.

Why? After all, you can buy virtually anything online nowadays!

Well, it comes down to this simple fact – children's shoes need to fit well. For that to happen, your son or daughter needs to try them on before you buy them.

You might think "but I could always send them back if I order online and they don't fit," but that takes too much effort and it's easy to shift into a "eh, the shoes will stretch out" or "he'll grow into them" mindset.

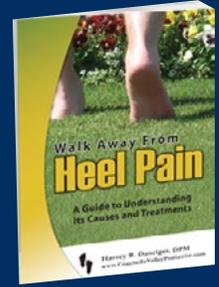
So what constitutes proper fit?

Here are some general guidelines:

- 01 Toes should be able to wiggle freely.**
- 02 There should be roughly a thumb's width of space between the longest toe and front of the shoe.**
- 03 The heel should be firmly cradled when the shoe is laced.**
- 04 You should be able to slide your index finger down the back to roughly your second knuckle when the shoe is laced.**

Two more considerations for children's footwear:

- 01 Feet aren't exactly the same size. One is going to be bigger, so have both measured and find a shoes that fit to it.**
- 02 Children's feet grow rapidly. Your son or daughter may need a couple of different pairs of shoes throughout the year (depending on age).**



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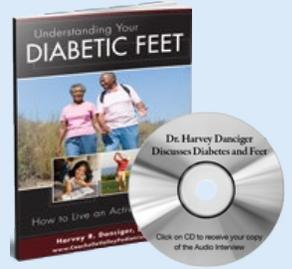
“YOU HAVE
COMPLETELY
CHANGED
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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If you have any questions regarding child foot health, don't hesitate to contact our office. We will be happy to provide any information we can or assist you in scheduling an appointment for your son or daughter. Just contact us online or by calling (760) 568-0108 to reach our Palm Desert office.

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Sudoku

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				7	4			
2		8				6		
1	3		9					
					3		7	6
9						1		
	2			8				

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Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

2	6	1	4	7	8	5	3	9
3	7	4	2	5	9	1	6	8
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4	5	8	3	6	2	9	7	1
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