



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Did you hear the bells ringing?

Summer is officially *over* for students across Coachella Valley. Desert Sands Unified School District kids were the last holdouts, finally starting on August 22. (Palm Springs has been in session since August 7!)

Regardless of whether your little one got back to hitting the books a week or a month ago, though, taking good care of their foot and ankle health is especially important at this time of year. Fall sports, the excitement of reconnecting with old friends, and even slightly cooler temperatures encouraging more outdoor play can all contribute to a greater risk of injury.

That goes double if your child is going through a growth spurt and can't find a decent pair of shoes! The wrong pair of shoes can significantly contribute to all kinds of unwanted problems, including [ingrown toenails](#), [athlete's foot](#), [warts](#), [heel pain](#), tripping, and in extreme cases even significant [sports injuries](#) such as ankle sprains.



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Buying Shoes for Kids— What Not To Do

Now, it's important to remember that proper footwear is a must for **everyone**—not just kids! But shoe shopping for kids pose additional challenges, simply because their feet grow so quickly!

Parents and grandparents often try to save some money by buying used shoes, or going an extra size up with a pair their kids can “grow into.” Unfortunately, both of these “solutions” just tend to make things worse.



Old shoes don't offer optimal support, create painful pressure points on feet, and can harbor unwanted fungi and bacteria. Big shoes are uncomfortable, awkward, unsupportive, and increase the risk of injuries and tripping.

Another common mistake? Shoes purchased online. Sure, you might get lucky and find a good pair on the first try. But you probably won't. Kids really need to be able to try on shoes and test the fit before you commit. Even if it's a little off, it could lead to much bigger problems down the line.

Finally, many parents mistakenly believe that a pair of shoes that initially feels stiff or uncomfortable will “break in” with use. While the shoes certainly will break in to some extent, that doesn't mean all will be well. If shoes are uncomfortable even when brand new, that generally means they don't fit—and no amount of breaking in will change that.

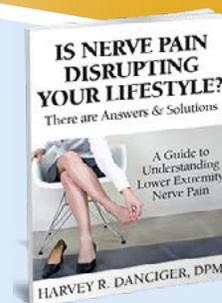
MEET YOUR DOCTOR

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!



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What Should I Do Instead?

So now you know what *not* to do, but you still need to know what you *should* do! First, let's talk about how you should prepare, before you even pull the first pair of shoes off the shelf:

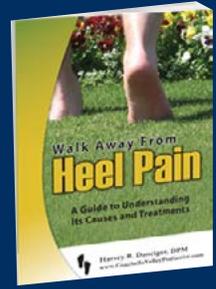
- Bring your child in to the store later in the day, when their feet should already be a little swollen from the day's activities. You want to make sure the shoes still fit when the feet are at their largest.
- Measure both feet—length and width. They may be different sizes! If so, you'll want to look for pairs that correspond to the larger foot.
- Know what you're looking for. Most kids do great with a basic pair of sneakers or walking shoes for everyday activities, but if you've got a kid on a sports team, you'll want to get sport-specific shoes as well for those activities.



Okay, now you're ready to start trying on shoes and testing the fit. What should you look for?

Aside from a happy child who is comfortable walking around in them, here are some additional guidelines:

- There should be plenty of space at the front of the shoe for the toes to wiggle freely.
- There should be about half an inch of space between the longest toe and the front end of the shoe.
- With the shoes laced, you should be able to slide your finger between the heel counter and your child's heel to about the second knuckle.
- Test the rigidity of the shoe itself. You should never be able to easily collapse the heel counter, fold the front of the shoe, or twist the middle part of the shoe. If you can, it doesn't have the rigidity to properly support your child's feet.



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We hope that the above advice will help you make sure your child's feet are properly supported and protected this fall! However, if you have any further questions about children's foot health, or have a child whose feet are in pain, please call our office at (760) 568-0108 to schedule an appointment for you and your little one. We love keeping the children of Coachella Valley on their feet!

Sudoku

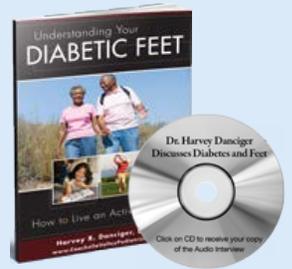
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