

# Krames Product Descriptions

## **PAMPHLETS (6-panel pamphlets with full-color realistic artwork)**

Arthritis – Causes and symptoms of degenerative arthritis; Anatomy of foot joints; Exams and tests; Treatment options: medication, bone trim, joint fusion, joint implant; Surgery aftercare, recovery expectations

Bunions – Big toe anatomy, how bunions develop; Positional and structural bunions; Evaluation and testing; Surgical procedures: shifting bone or soft tissue, bone removal; Post-op instructions, recovery expectations

Common Nail Problems – Causes and symptoms of ingrown, thickened, and black and blue nails; Evaluation and treatment options for each condition; Nail problem prevention tips

Corns and Calluses – How corns and calluses develop; Illustrated explanations of each condition; Treatment options: shoe aids, trimming, medication, orthoses; Surgery and outpatient procedures

Flat Feet – Causes and symptoms of flat feet, related problems; Foot anatomy, the flattened arch; Nonsurgical care: strapping, orthotics, medication; When surgery is needed; Stretching and foot care tips

Fungal Problems – What is podiatry?; Common fungal problems: athlete's foot and fungal nails; Exam and testing procedures; Treatment options for both conditions; Preventive foot care habits

Ganglions – Causes and symptoms, diagnostic methods; Ganglion anatomy, cross-sectional view; Nonsurgical care options; When surgery is needed; Aftercare instructions

Gout – Symptoms and causes of gout attack; Inflamed joints, gout and tophi deposits; Food triggers for gout attack; At-home pain relief tips; Gout prevention checklist

Hammer Toes – Hammer toe definition and anatomy; Flexible and rigid joint types; Exam and testing; Surgical procedures; Post-op instructions

Managing Gout – Understanding gout; Causes and symptoms; Possible triggers; Attack-prevention medication; Self-care strategies during an attack

## **Krames Product Descriptions (cont.)**

Neuromas – Includes updated artwork and treatment options: sclerosing agents, injections, physical therapy, oral medications, orthotics, and more; Understanding neuromas; signs and symptoms; Evaluation and the physical exam; Keeping your feet healthy

Peripheral Neuropathy – Stresses the importance of diagnosing and treating the condition in diabetics; Causes and symptoms; Updated diagnostic and treatment information, including nutrition and exercise; How to inspect and protect feet; Wearing proper footwear and foot care tips

Peripheral Vascular Disease – Peripheral vascular disease and intermittent claudication; Causes of PVD; Healthy, narrowed, and blocked blood vessel anatomy; Diagnostics: Doppler exam, arteriogram, x-rays; 8 PVD management: smoking, blood sugar, diet, activity; Foot care tips

Plantar Fasciitis – Explains podiatry as a specialty; Causes and symptoms of plantar fasciitis; Heel and ligament anatomy, heel spurs, bursitis; Medical treatments: medicine, physical therapy, taping, orthoses; When surgery is needed; Foot strain prevention tips

Pressure Ulcers – How pressure ulcers form; Hot spots, ulcers, and infected ulcers; Exam and testing procedures; Cleaning, orthoses, and antibiotic treatment; Self-care: inspection, keeping feet healthy

Tendonitis – Determining pain locus; Foot tendon anatomy, how tendonitis develops; Exam and testing procedures; Self-care treatments: ice and heat, medications, limiting activity; Protecting feet

Warts – How warts develop, causes and symptoms; Wart anatomy, solitary and mosaic warts; Medical treatment: medication, curettage, laser; Self-care treatment tips

*\*Denotes that item is available in both English and Spanish*

## **Krames Product Descriptions (cont.)**

### **BOOKLETS (7" x 10", full-color realistic artwork)**

Ankle Owner's Manual\* – This longtime favorite features medical and cartoon art; Presents the most common self-care and exercise recommendations for ankle injuries based on current practice standards; Ankle anatomy; Sprains, fractures and Achilles tendonitis and ruptures; Stresses importance of self-care, rehab and exercises; Expanded rehab exercises: proprioception and elastic tubing resistance; How to treat sprains and strains with R.I.C.E. (rest, ice, compression and elevation), self-care skills

Crutches, Walkers, & Canes: On Your Feet Again\* – This easy-to-understand booklet includes information on adult and pediatric ambulation; Contemporary aids such as wheeled walkers and quad canes are also featured; Illustrates how to properly fit and use a variety of mobility aids; Offers advice for walking, sitting, using stairs and other common movements; Provides safety tips and precautions; Allows for caregiver customization with special instructions

Diabetes and Foot Care\* – Reflects American Diabetes Association self-care guidelines; Ideal for health care providers in a variety of settings; Helps patients make foot care a part of their diabetes management; Why diabetics need special foot care; Potential problems, treatment options; Provides instructions for self-inspection; Advice for preventing foot problems

Diabetes and Your Feet – Reflects American Podiatric Medical Association self-care guidelines; Created for podiatric patients, this booklet emphasizes the importance of diabetes management and encourages routine care; Anatomical artwork shows how diabetes affects the feet; Stresses the importance of preventive foot care; Teaches patients what to look for when examining their feet; Offers tips for keeping feet healthy

Foot Owner's Manual\* – Amusing visuals and friendly text increase patient's knowledge of foot anatomy and functions, signs and symptoms of foot problems; Common foot problems; Plantar fasciitis; Foot anatomy; Diabetic foot care; Shoe selection tips

Foot Surgery – This comprehensive foot surgery guide explains over 20 surgeries and procedures performed to treat foot problems, including Osteotomies; decompression osteotomy, lapidus procedure; Arthroplasty; Plantar fasciitis and heel spur procedures; Fusion; Minimal incision surgery; Neuroma removal

## **Krames Product Descriptions (cont.)**

Heel Pain – Effective for a range of causes and conditions, this comprehensive booklet enhances your consultation time with illustrated descriptions of common treatment options; Anatomy of a footstep; Podiatric evaluation; Plantar fasciitis, tendonitis, heel spurs, tarsal tunnel syndrome; Orthoses, medication, strapping surgery

Orthopaedic Foot Surgery – Covers foot anatomy, twelve surgical procedures for common foot problems, pre-op instructions, risks and complications, and post-surgery care

Orthoses – Clarifies the functions and benefits of orthoses, and promotes daily use; Covers three types of orthotics, fitting, care, and shoe selection; How orthoses control foot movement; Rigid, semirigid, soft, and accommodative orthoses

The Foot Book – Offers easy-to-understand information featuring patient-friendly design and artwork; Covers multiple conditions and the importance of treatment and self-care; Proper shoe selection; Pediatric, teenage, and adult foot problems and treatments; Sports injuries and treatments; Geriatric problems, notes for diabetics

## **Krames Product Descriptions (cont.)**

### **INDIVIDUAL SHEETS (8.5" x 11" sheets, full-color realistic artwork)**

Foot and Ankle Exercises (pad of 50 sheets) – Illustrated instructions for 7 exercises to stretch and strengthen feet and ankles; Step-by-step instructions illustrate correct technique; Cautionary tips to prevent injury; Fill-in blanks for notes, repetitions, and holds