

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

Krames Product Descriptions

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

Ankle Sprains – Definition and symptoms; R.I.C.E. pain control method: rest, ice, compress, elevate; Evaluation and treatment, immobilization and surgery; Recovery and follow-up care; Safety tips

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

Cracks and Fissures – Symptoms of cracks and fissures; Dry and moist skin problems; Types of treatment; Self-care for dry and moist skin types; Shoe selection tips

Endoscopic Plantar Fasciotomy – When EPF is needed; Pre-op preparation; The surgical experience, risks and complications; Aftercare instructions, when to call the doctor; Recovery tips

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

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Krames Product Descriptions (cont.)

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

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

Reflex Sympathetic Dystrophy – Symptoms of early- and late-stage RSD; Understanding RSD as nerve problem; RSD triggers; Treatment: physical therapy, desensitization, medical care; Therapy and support groups; living with RSD

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

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Krames Product Descriptions (cont.)

NEW Understanding Ankle Sprains – Ankle ligament anatomy: mild, moderate and severe sprains; Causes and symptoms of ankle sprains; RICE after-injury care: Rest, Ice, Compression, Elevation; Treatment options: medication, contrast baths, exercises; Exercises to strengthen ankle ligaments

Understanding Bunions – How a bunion forms; bunion anatomy; Causes and symptoms; Shoe selection; using pads; applying ice massage; Surgical procedures; Prevention tips

Understanding Heel Pain – The causes and symptoms of heel pain; Heel anatomy, diagnosis and treatments; Shoe and exercise tips; How to prevent future injury

Understanding Mallet, Hammer & Claw Toes – Causes and symptoms of bent toe joints; Mallet, hammer and claw toe anatomy; Non-medical treatments: correct shoes, filing corns; Illustrated pad and splint guidelines; Exercises for toe strength and flexibility

Understanding Metatarsalgia – Causes and symptoms of metatarsalgia; Metatarsal bone anatomy; how a callus forms; Self-care treatment: shoes, metatarsal pads, filing callus; Injury prevention tips

Understanding Neuromas – Causes and symptoms of a neuroma; Ball of foot anatomy; pinched nerves; Diagnosis and examination; Self-care treatments: shoes, contrast baths, metatarsal pads; Medications and cortisone injections; Shoe selection tips

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

Wearing Proper Shoes – Why good shoes matter; Illustrated guide to proper shoe selection; Finding the right fit for foot shape; Shopping tips; Shoe recommendations for various foot problems

Your Child's Feet – Importance of foot care for children; Baby and toddler foot development; Symptoms requiring medical help; Growth plate injuries; Keeping child's feet healthy

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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

NEW Arthritis Consult, Harvard – Written by the staff at Harvard Health Publications, this information-packed booklet provides patients with a detailed and well-illustrated overview of what arthritis is and ways to treat it; Types of arthritis, including osteoarthritis and rheumatoid arthritis; Recognizing the symptoms; Risk factors, diagnosis; Medication treatment options; Surgical treatment: arthroscopy, joint reconstruction, cartilage transplant; Other treatments; How to manage the condition; When to call a healthcare provider; Resources for more information

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 Injuries – A comprehensive guide that helps patients understand the cause of injury; Offers treatment options to relieve pain and promote healing; Anatomy of the foot and how it affects motion; Injuries resulting from various foot motions; Your podiatric evaluation; Treatment and decreasing pain; Injury protection tips; Returning to activity; Choosing the right shoes

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Krames Product Descriptions (cont.)

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

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

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

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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

NEW Foot Care and Diabetes (pad of 50 sheets) – How to keep feet healthy when you have Diabetes; Signs to watch for; Exercising your feet; Comfortable shoes and socks

POSTERS & OTHER ITEMS (need to be special ordered, allow extra time)

NEW Foot and Ankle, ACC Poster – Illustrates foot and ankle anatomy including bones, muscles and tendons; Shows medial, frontal, lateral and plantar views as well as a cross section; Illustrates supination and pronation, hammertoe, bunion, sprains, fractures and fracture fixation; 20" x 26" laminated poster with grommets, full-color illustrations

NEW Podiatry 2009 ExpressCoder – Created to help busy clinicians find ICD-9-CM codes quickly, speeding government and private reimbursements; Includes nearly 600 podiatry-specific ICD-9-CM codes; Durable laminated construction; Ideal for physician offices, clinics, home healthcare providers, hospitals and other caregiving facilities; Two-sided 8.5" x 11" laminated sheet