



Foot Pain? There's Help for Plantar Fasciitis

Do you have a sharp stabbing pain in your foot first thing in the morning when you get out of bed? If so, you might have plantar fasciitis.

Symptoms & Causes

The plantar fascia is a large, broad ligament that connects the heel to the ball of the foot. It is one of the support structures that holds up one's arch. When someone develops plantar fasciitis, the first symptom is typically sharp, stabbing pain first thing in the morning when getting out of bed. This pain can also occur after periods of rest throughout the day.

"Eventually, [the pain] gets better the more you walk. Now, as it becomes more and more of a chronic issue, where it's not being treated, that sharp, stabbing pain can migrate to an aching and throbbing pain that can last all day and never truly go away," explains Dr. Colin Graney, Stoughton Health Fellowship Trained Foot and Ankle Surgeon.

The primary cause of plantar fasciitis is a tight Achilles tendon. "Essentially, the Achilles tendon wraps all around the heel. A lot of those fibers become part of the plantar fascia. So, one of the mainstays of treatment is trying to stretch out the Achilles tendon and the calf muscle," he adds. "That can alleviate a lot of pressure and tightness around the heel and the plantar fascia."

At-Home Treatment Options

Plantar fasciitis usually develops slowly and rarely accompanies an acute incident (e.g. ankle sprain, blunt trauma to the foot). Rather, it typically presents in the absence of injury.

At the outset of symptoms, Dr. Graney suggests simple stretching (similar to how runners stretch), focusing on the calf muscle. "You can even take your thumb and massage along the plantar fascia to try and break up some of that inflammation," he notes.

Oral anti-inflammatories such as Aleve, ibuprofen, and Tylenol may temporarily relieve pain. However, Dr. Graney says one of the most significant actions people can take is to make sure they're wearing appropriate footwear.

"If your shoes have seen better days, and they're a bit more on the ragged end, a new pair of shoes or inserts can go a long way just to help support the arch and take some pressure off that heel and alleviate the plantar fascia."

When to See a Doctor

If at-home methods aren't working, Dr. Graney encourages individuals visit a foot and ankle physician like himself or his partner, Dr. Mary Hickner. This is so he, firstly, can rule out another type of injury such as a stress fracture or bone spurs. Once plantar fasciitis is confirmed, there are a few treatment options—including bracing, physical therapy, and steroid injection.

"Many people don't like the idea of an injection going into their foot, and I can't blame them. But, it is one of the things that offers quite a bit of relief. It's nearly instantaneous, and people respond very well," Dr. Graney assures.

While relatively rare, some cases of plantar fasciitis eventually require surgical intervention. Fortunately, it is a minimally invasive procedure, and patients are up and walking the same day of surgery. (Continued)



Colin Graney, DPM
Stoughton Health
Foot & Ankle Surgeon



Mary Hickner, DPM
Stoughton Health
Foot & Ankle Surgeon

New Podiatry Clinic at Stoughton Hospital

Welcome Mary Hickner, DPM!

Appointments: Call (608) 241-0848

Accepted Insurance:

Medicare, Medicaid, Quartz, United Health Care, Blue Cross Blue Shield, Humana, Icare, Aetna, Cigna, UMR, Workman's Comp, CWHP, Golden Rule, WEA Trust, and ChampVA

(For more information please call (608) 241-0848.)

Get on the Path to Recovery (continued from front page)

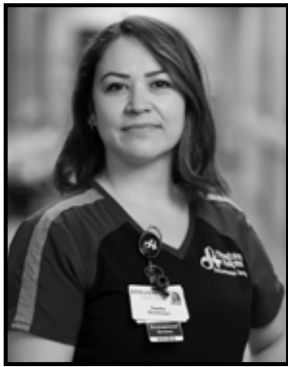
Ultimately, Dr. Graney's best advice is to enlist the help of a medical professional—in order to properly diagnose and treat plantar fasciitis, or any foot/ankle related problem.

“When people think they have plantar fasciitis, if they start to look it up on Google and read results, it's not always plantar fasciitis. There can be nerve issues and other things. So, seeking out a medical professional can be one of the easiest things to do, just to make sure we get the recovery sped up, make sure we have the right diagnosis, and basically get back to normal life as quickly as possible.”

Appointments

To schedule an appointment with Dr. Graney or Dr. Hickner, please call (608) 241-0848.

You Don't Need to be a Nurse or Doctor to Make a Difference Apply today at stoughtonhealth.com!



Sandra
Stoughton Health
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*Sandra, Stoughton Health
Environmental Services*

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October is Breast Cancer Awareness Month!

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Coming Soon...

OrthoTeam Shoulder Center



Ashish Rawal, M.D.
Board Certified in
Orthopedic Surgery &
Sports Medicine

The inability to perform daily activities due to shoulder pain can be debilitating. At OrthoTeam Shoulder Center in Madison and Stoughton, Dr. Ashish Rawal provides comprehensive shoulder care, identifying the cause of your shoulder pain and personalizing treatment to bring you relief.

To restore comfort, strength, and mobility to your shoulder, contact OrthoTeam Shoulder Center.

Stoughton Clinic (608) 877-3419
Madison Clinic (608) 231-3410

Stoughton Hospital Named One of the 20 Most Socially Responsible Hospitals in U.S.

Sixty-six U.S. hospitals earned the distinction of “most socially responsible” by the Lown Institute, a think tank known for its evidence-based assessments of America’s healthcare providers. To achieve this designation, hospitals earned “A” grades across measures of health equity, value, and outcomes. Stoughton Hospital earned the distinction of ranking in the top 20.

Launched in 2020, the Lown Institute Hospitals Index for Social Responsibility draws attention to leading and lagging institutions nationwide, and provides benchmarks for hospitals to measure how well they serve their patients and communities.

In total, the rankings include 3,606 hospitals—with less than two percent earning top marks across all categories. Metrics such as racial inclusivity of patients, employee pay equity, community benefit, and avoidance of unnecessary and potentially harmful procedures make the Lown Index a unique tool for evaluating hospitals as social institutions.

“Citizens put their lives and billions of tax dollars in the hands of America’s hospitals,” said Vikas Saini, MD, president of the Lown Institute. “We believe communities should have high expectations and the most socially responsible institutions should be lifted up as models for the system.”



In partnership with the Stoughton Public Library, Stoughton Health purchased books for the local Girl-2-Girl Program, an example of a community benefit initiative.

Join Partners of Stoughton Hospital!

If you are looking for a rewarding volunteer opportunity and a way to meet interesting new people, then Partners of Stoughton Hospital is for you! The group provides financial and volunteer support to Stoughton Health and the community. They hold a variety of fundraisers throughout the year, help run the Stoughton Hospital Gift Shop and are amongst some of our most dedicated volunteers.


Membership is only \$10 and includes perks such as 10% discount on most items in the Stoughton Hospital Gift Shop and an annual flu vaccine.

Get Involved

There are many ways to get involved including joining a fundraising committee, volunteering in the gift shop, making walker bags or twiddle muffs, volunteering at community events, and much more!

You can join the Partners by going to their page on the Stoughton Health website and clicking on the “Join Us” button or call (608) 873-2205 for additional information.

Upcoming Partners Events



PUMPKINS ON PARADE

Thursday, October 27th
6 to 7:30 p.m.

Community Health & Wellness Center
3162 County Road B, Stoughton

Buy tickets and vote for your favorite celebrity pumpkins!

A fundraiser to benefit Stoughton Health and our community.



Love Light

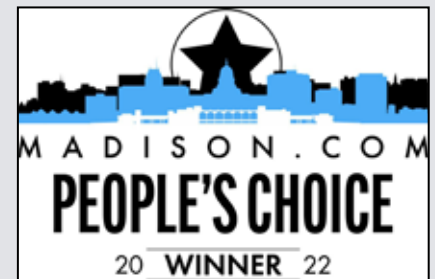
Join Us for a Special Program,
Music, and Refreshments

Thursday, December 1st
4:30 p.m.

Christ Lutheran Church
700 County Road B, Stoughton

Donations from this year’s event will be used to purchase updated equipment for the Stoughton Hospital Emergency Department.

Stoughton Health Medical Imaging Voted Best Imaging/Diagnostics Center



What Insurance Can You Use at Stoughton Health?

Your insurance coverage guides where you choose to receive your health care. Stoughton Health accepts over 160 area insurance plans, including but not limited to:

Alliance ♦ Anthem Blue Cross Blue Shield
Dean Health Plan ♦ Humana ♦ Medicare
Quartz ♦ Security Health Plan
United Healthcare ♦ WEA Trust ♦ WPS

Please check your individual plan regarding coverage of services at Stoughton Health. If you have any questions, please contact Stoughton Health at (608) 873-6611.

Swinging for Health Golf Outing and Card Party

Tuesday, September 13th, the Foundation hosted the 18th Annual Swinging for Health Golf Outing and Card Party. We are fortunate to report the weather was dry with bright sunshine! Golfers, card party, virtual auction, raffles and more contributed to Stoughton Hospital Foundation raising over \$51,000 to support the needs of Stoughton Health!

Special thank you to the Stoughton Country Club for hosting this event, AM Solutions for event printing services and Charlie Shortino of NBC 15 WMTV for the "Crush Charlie" challenge. We also acknowledge and are grateful for the support of our generous sponsors, raffle donors, participants, staff, volunteers, and local businesses for making this such a successful event.



Charlie Shortino, NBC 15 WMTV
Chief Meteorologist

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Partners of Stoughton Hospital
Pieper Power
Pizza Pit
Quam's Marine & Motorsport
Quartz
R&S Insurance
Stoughton Health
TDS Telecom
Yahara Dental

Summer Splash

Thank you to everyone who participated in our summer splash fundraiser. By purchasing carwash gift cards, we were able to raise over \$2,400 for the greatest needs of Stoughton Health. Be on the lookout for our next carwash fundraiser in early December.



Planned Giving



Robert L. Schwartz

Bob Schwartz had shared with his family that he wanted to give back to the places he could "count on" and Stoughton Hospital was one of those places because we took

such good care of him. He also loved our freshly baked bread which he told us to never stop baking!

Planned giving is a wonderful way to support what matters most to you. To learn more, contact the Stoughton Hospital Foundation at (608) 873-2328.

Community One Mile Walk



Stoughton Hospital Foundation hosted its Second Annual Community One Mile Walk on Saturday, June 25th. The walk was dedicated to Marv and Bert Klitzke, long-time supporters of the Foundation and the Stoughton community. Seventy-four walkers braved the elements on that rainy Saturday! Many thanks to the Klitzke family, participants and sponsors, who together raised over \$5,500. Thank you all!

Sponsors

Blackhawk Community Credit Union
CMA Accounting
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First Business Bank
Game Day Sports Bar & Grill
Gunderson Funeral Home & Cremation

JP Cullen
Madison Advanced Foot & Ankle
McGlynn Pharmacy
Nazareth Health & Rehabilitation Center
OS, Inc.
Quarles & Brady
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Stoughton Health
UPS

Community Health & Wellness

For the most up to date list of classes and events or to register, please go to stoughtonhealth.com and click on “classes and events.” All classes are free unless otherwise noted.

Questions? Please call (608) 877-3498.

Learning to Breathe for Healthy Living

Tue, Oct 11th from 5:30 to 6:30 p.m.

Community Health & Wellness Center

This free class is an introduction to Centric 6™, the correct sequence of six steps which activate your main breathing structures. Proper breathing will improve digestion, reduce incontinence, flatten your belly, and increase stamina in your sports and life activities. Participants lie on a mat but you can also learn sitting on a chair.

Mind Over Matter

Oct 13th, Oct 27th, and Nov 10th from 1 to 3 p.m.

Community Health & Wellness Center

In three sessions, workshop participants will learn about bladder and bowel control, at-home techniques and exercises to help prevent or improve symptoms and tools to help set goals and mark progress. The program cost is \$25 per participant. To register, please call (608) 877-3498.

Medicare 101

Thur, Oct 20th at noon

Online or in person

Community Health & Wellness Center

Join licensed insurance agent Ben Rothering to learn about the basics of Medicare (A, B, C & D), making the most out of your rights, how to enroll, what Medicare does and doesn't cover, and additional coverage options.

Shoulder Pain Relief

Thur, Oct 20th at 5:30 p.m. online

Join OrthoTeam Clinic's Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options.

Healthy Living with Diabetes

Tuesdays, Oct 25th to Nov 29th from 2 to 4:30 p.m.

Community Health & Wellness Center

This researched and proven workshop is designed to help adults with type 2

diabetes or prediabetes learn skills and increase their confidence in managing their condition. It is also for adults who are living with someone who has diabetes. Cost: \$20 if participant needs class book.

Leg Vein Treatment Options

Thur, Nov 10th at 5:30 p.m. online

Whether suffering from painful varicose veins or bothersome spider veins, Stoughton Health's General Surgeon Dr. Aaron Schwaab can help with a simple outpatient vein treatment.

Advance Care Planning

Mon, Nov 21st at noon or 5:30 p.m. online

Join Stoughton City Alder and Licensed Clinical Social Worker Jean Ligocki to learn how advance care planning can help ensure individuals receive medical care that is consistent with their values, goals, and preferences. Advance care planning promotes important conversations between the individual, family and medical providers.

Stop Suffering from GERD

Thur, Dec 1st at 5:30 p.m. online

Do These Symptoms Sound Familiar?
Heartburn • Regurgitation • Sore Throat
Chest Pain • Belching • Asthma
Then you might be suffering from GERD - Gastroesophageal Reflux Disease. Stoughton Health General Surgeon Dr. Aaron Schwaab will talk about the minimally invasive LINX procedure, an effective solution for GERD.

Essential Oils - Holiday Gifts Make and Take Workshop

Tue, Dec 6th from 6:30 to 8 p.m.

Community Health & Wellness Center

Give customized gifts made with love and intention this holiday season. The workshop will begin with an Essential Oils 101 demonstration to learn about essential oils, their benefits, and how to use them safely and effectively. Participants will then have the

opportunity to make two essential oil products to take home with them. Cost: \$20 for materials

End the Pain with Custom Knee Replacements

Thur, Dec 8th at 5:30 p.m. online

Join Dr. Ashish M. Rawal to learn how the Conformis custom knee implants may be the solution to end your knee pain.

Kids Classes

All kids classes are held at Stoughton Hospital. Financial assistance is available.

Safe Sitter®

Sat, Nov 19th from 9 a.m. to 2:45 p.m.

Sat, Dec 10th from 9 a.m. to 2:45 p.m.

Safe Sitter® prepares students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Cost: \$50

Safe@Home®

Tue, Nov 15th from 3:45 to 5 p.m.

Tue, Dec 20th from 3:45 to 5 p.m.

Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Cost: \$25

Stoughton Health Mission

The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.

For the Life of You is published by Stoughton Health.
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Emergency & Urgent Care Services

Stoughton Hospital

900 Ridge Street, Stoughton
Emergency 24-7

Urgent Care Daily 6 a.m. to 11 p.m.

McFarland Urgent Care Clinic

5614 US HWY 51, McFarland
Monday to Friday 8 a.m. to 8 p.m.
Saturday and Sunday 9 a.m. to 5 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon
Monday to Friday 5p.m. to 10 p.m.
Saturday and Sunday 10 a.m. to 8 p.m.

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Community Events

NAMI Walks Your Way Dane County

Sat, Oct 8th at 10:30 a.m.
Olin-Turville Park
1156 Olin-Turville Ct, Madison
Register at www.namiwalks.org/danecounty.

Rotary/Kiwanis Fall Family Fest

Sat, Oct 8th from 10 a.m. to noon
Rotary Park, Stoughton

Oregon Fall Business Expo

Thur, Oct 13th from 4 to 7 p.m.
787 N Main Street, Oregon
Free to attend!

Food for Kidz

Sat, Oct 15th
8:00 a.m. and 10:30 a.m. shifts
Stoughton Fire Station
401 E Main St, Stoughton
Food packaging event
For more information contact Laura at
(608) 873-2248

Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Fri, Oct 21st and Fri, Dec 16th
8:00 a.m. to 1:00 p.m.
Appointments: www.bloodcenter.org

Medication Disposal & Sharps Collection Events

Sat, Oct 29th from 9 to 11 a.m.
FREE drive through service
Stoughton Fire Department
401 E Main St, Stoughton

Sat, Oct 29th from 8 to 11 a.m.
FREE drive through service
Evansville Police Department
10 West Church St, Evansville

Sat, Oct 29th from 10 a.m. to 2 p.m.
Oregon Police Department
383 Park St, Oregon

Sat, Oct 29th from 10 a.m. to noon
Brooklyn Fire/EMS Station
104 E Main St, Brooklyn

Support Groups

Diabetes Support Group

Meets 2nd Mon of the month at 6 p.m.
Stoughton Hospital
Lobby Conference Room
Contact: Stoughton Health Community
Education at (608) 877-3498

Memory Café

Meets 1st Tues of the month from
9:30 to 11 a.m.
Stoughton Hospital
Bryant Health Education Center
Contact: Stoughton Senior Center at
(608) 873-8585

Parkinson Support Group

Meets 2nd Monday from 12:15-1:15 p.m.
Community Health & Wellness Center
Contact: Stoughton Health Community
Education at (608) 877-3498

*Please note meeting date change:
Oct 17th from 12:15-1:15 p.m.*