



Adriana Strimbu, DPM, PA

# February 2021

News and Updates



## About the Doctor

**Dr. Adriana Strimbu, DPM**  
Broward County, Hallandale Beach,  
Florida Podiatrist | Foot Doctor  
Born in Romania

### Education:

- Florida International University, Miami, FL  
Bachelors of Science, Biology
- Barry University School of Podiatric Medicine & Surgery 1996-2000  
Doctor of Podiatric Medicine

### Residency:

- Cedars Medical Center 2000 - 2002

### Work Experience:

- Private practice in Hallandale Beach, FL 2002 - present
- Adjunct Clinical Instructor, Barry University School of Podiatry 2002-2012
- Podiatrist for CHC in Miami, FL 2002-2014
- Podiatrist for Helen Bentley Family Health Center, Miami, FL 2004-2007

### Appointments:

- Chair of Public Affairs Committee for Florida Podiatric Medical Association 2018 - present
- President of Miami Dade County Podiatry Medical Association April 21, 2020 - present
- Vice President of Miami Dade County Podiatry Medical Association 2019 - April 20th, 2020
- Treasurer of the Miami Dade County Podiatry Medical Association 2017 - June 2019
- Adjunct Clinical Instructor for Barry University School of Podiatric Medicine 2002 - 2012
- Clinical laboratory Instructor, Barry University School of Podiatric Medicine 2002 - 2004

### Professional Associations:

- Chair of Public Affairs Committee, Florida Podiatric Medical Association
- Member of Affinity Program, Florida Podiatric Medical Association
- Member of American Podiatric Medical Association
- Member of American Academy of Podiatric Practice Management
- Member of American College of Foot and Ankle Pediatrics
- President of Miami Dade County Podiatry Association

### Family:

Dr. Strimbu is married, with 3 children, two girls, and one boy.



# Are You Suffering from Chronic Foot or Ankle Pain?

With 26 bones in the foot alone, as well as major ligaments, tendons, joints, and nerves – it's not surprising that millions of Americans suffer various types of foot and ankle pain.

Class IV Remy laser therapy is used for the relief of pain, to accelerate healing and decrease inflammation.

When the light source is placed against the skin, photons penetrate several centimeters down and are absorbed by the mitochondria (the energy producing part of a cell). This energy results in the restoration of normal cell function.

The main goal of laser therapy is to stimulate the cell to perform its natural functions, but at an enhanced rate.

Laser therapy is a quick and easy treatment allowing patients to relax during the procedure. In contrast to "cold lasers," which provide no feeling or sensation, high power diode laser therapy provides a warm, soothing feeling.

Some of the most common source of foot pain include:

- Plantar fasciitis – which often creates moderate to severe heel pain
- Tendonitis including
  - Achilles tendonitis
  - Posterior tendonitis (or PTTD)
  - Peroneal tendonitis (tendonitis affecting the midfoot and arch)
- Ankle sprains
- Neuroma (or a pinched nerve)
- Arthritis and inflammation
- Bunions
- Hallux limitus (or a stiff big toe joint)

Any one of these conditions can create chronic (long-term) pain or acute (short-term) pain.

# About Orthotics & Shoe Inserts

## What are shoe inserts?

Shoe inserts are over the counter insoles that cushion your feet, support the arches, provide comfort. But they cannot correct the biomechanical foot problem in your feet.

## What are some kinds of shoe inserts?

Some kinds of shoe inserts are:

- Arch supports have an "arch appearance" in the instep and they provide support to your foot.
- Insoles are made of gel, foam or plastic. They provide extra cushion or support to your feet.
- Foot cushions / foot pads are used to pad a specific area to prevent pressure from the shoe, like heel pad or toe pads.
- Heel liners / padding / cups will provide padding and cushion to your heel. They will help someone that has fat pad atrophy or thinning of the fat pad in the heel.

## Types of Orthotics: Prefabricated (over the counter) vs. Custom made

Orthotics come in many shapes and sizes. They are used to prevent and help relieve foot pain. They can be prefabricated or custom made orthotics.

- Prefabricated orthotics are shoe inserts or arch supports or insoles that you can buy over the counter and they are not unique to your foot type. They lack the custom made precision of a prescription orthotic. It's hard to fit one size fits all in the orthotic world. Prefabricated orthotics or shoe inserts rarely match your feet well and they do not provide you the customized support you need. They are ok but only until you have your custom made orthotics made. Also they will not last you very long. Prefabricated orthotics are weak and they will last about 4-6 months. Even if you are not able to see just by looking at them, they will wear out and your feet will not get the proper support they need.
- Custom orthotics are also referred to as custom shoe inserts, custom made arch supports or custom insoles. Custom orthotics are specifically made according to your foot shape and size. An impression or a mold of your feet

is taken using a foam box or casting fiberglass sock. This impression is then sent to the laboratory for fabrication according to the recommendations made by your podiatrist. Custom made orthotics are very strong and will last you about 3 years.



## Types of Custom Orthotics

Custom made orthotics can be further divided into functional orthotics and accommodative orthotics.

- Functional orthotics control the abnormal motion in your feet, and thus they are used to treat the foot pain which is caused by abnormal motion. They are usually semi-rigid to rigid and made of plastic or graphite. They can also be used for shin splints, tendonitis, knee pain, back pain, neck pain.
- Accommodative orthotics are soft and they provide cushioning and support to the feet. These are the type of orthotics that diabetic people use especially if they have calluses or ulcers on the bottom of their feet. They are also used for people with sensitive feet or for patients with circulation problems.

## Three Different Foot Shapes (Types):

- normal or neutral foot type,
- high arch foot type,
- low arch or flat feet foot type

Knowing the foot type / shape is important, not only in how an orthotic is made, but also helps determine what kind of shoes are good for your foot.

Foot Alignment Problems can be helped by Custom Made Orthotics:

- **PRONATION** - a condition when the feet turn inward when you walk.
- **SUPINATION** - a condition when the feet turn outward when you walk.

# Mark Your Calendars

- Feb. 3** Feed the Birds Day: Midwinter food sources get scarce. Birds appreciate seeds most.
- Feb. 5** Weatherperson's Day: 90 percent chance that weather forecasting is a thankless task.
- Feb. 6** Lame Duck Day: Time to give someone else a quack at the job.
- Feb. 9** Pizza Day: Halloween(!) and Super Bowl Sunday lead the way in highest consumption.
- Feb. 12** Lost Penny Day: Find a penny ... a sign of good luck. Find \$100 ... really good luck.
- Feb. 22** Walking the Dog Day: Walk your canine pal or do the yo-yo trick; they both count.
- Feb. 28** National Chili Day: Chili did not originate in Mexico. Try the San Antonio, Texas, area.



Custom made orthotics can help correct pronation and supination by aligning the feet to the normal position and thus helping decrease or resolve the pain.

### Common orthotics and shoe inserts questions

#### What kind of foot problems are orthotics used for?

Some of the foot problems that orthotics are mostly used for are:

- Heel pain / Plantar fasciitis
- Bursitis
- Achilles Tendonitis / Posterior Tibialis Tendonitis
- Peroneal Tendonitis
- Foot & ankle pain
- Pronation syndrome / Flat feet / Pes planus
- Pes cavus
- Diabetic foot ulcers
- Metatarsalgia
- Morton's neuroma

#### Do you need orthotics?

Most people could benefit from orthotics. As mentioned above, orthotics can be prefabricated or custom. The degree of the biomechanical foot problem or foot deformity will determine if you need orthotics and what kind.

#### What kind of orthotics or shoe inserts do you need?

It depends. You will need to have a biomechanical foot evaluation to determine the biomechanics of your feet. It is according to those results that will determine what kind of orthotic you will need.

#### What types of custom orthotics are there?

Orthotics come in various types, shapes and forms from the material that is used to make them to the activity that you want to use them for to the shoe that you are looking to put them in.

#### Are orthotics supposed to cover the whole sole of the shoes?

Custom orthotics come in different lengths. They can be:

- Full length, which cover the whole sole of the shoe
- 3/4th length, which will only cover 3/4th length of the sole of the shoe



  
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Figure 1: 3/4th length custom orthotics      Figure 2: Full length custom orthotics

#### How do I know which length is best?

It depends on what kind of shoes you want to use them in. Meaning if your shoe is more narrow at the tip, it is possible that you cannot use a full length orthotic in this shoe. You will need to use a 3/4th length orthotic because if you use a full length orthotic, then your shoe will feel too tight and your foot will feel the pressure. In a sneaker for example, a full length orthotic is best.

#### What is the difference between a shoe insert and a custom made orthotic?

A shoe insert is an arch support or an insole or a foot cushion or heel pad that is not custom made to your foot type. It can be bought without a prescription. A custom made orthotic is a custom shoe insert that has been prescribed by a doctor and made according to your foot deformity.

#### How is a custom orthotic made?

Custom orthotics are molded to fit each individual foot precisely. Thus, you should know that custom molded orthotics fit and do what they are supposed to do as opposed to a shoe insert.

#### What are best shoes to wear with orthotics?

Best shoes to wear with orthotics are sneakers. But there are also dressy orthotics, which are thinner and made specifically to be worn in dressier shoes, where an ordinary orthotic that you would put in a sneaker will not fit.

#### Do shoe inserts or orthotics help with calluses?

Custom made orthotics provide support the feet and help prevent any abnormal motion within the foot. They also help decrease pressure to the feet and thus they decrease callus formation.

#### Do orthotics help with back pain?

Yes. Custom made orthotics / custom shoe inserts can help decrease back pain.

#### Who can benefit from custom orthotics / custom shoe inserts?

Anyone, from kids to adults, with a biomechanical foot problem can benefit from custom orthotics.

#### How long does it take to have custom orthotics made?

Usually it takes about 2-3 weeks from the time that we mold your feet and get measurements for your orthotics till the time we give them to you to use.

#### Are custom made orthotics worth it?

Yes. Custom made orthotics are well worth it. They will help control the abnormal motion within your feet and thus decrease the foot pain that creates that abnormal motion.

#### What is the benefit of consulting with a podiatrist when choosing orthotics or shoe inserts?

The podiatrist will do a careful examination of your feet and watch you walk (gait evaluation). After, will assess the motion of your feet, ankles and legs and listen to your concerns and foot problems that you might have. Gathering all this information will help the podiatrist determine what type of shoe inserts or orthotics you need. Also if custom made orthotics are needed, the mold of your feet can be taken right there and will be sent to the laboratory for fabrication according to the specifications given by the podiatrist.

#### Schedule Your Custom Orthotic / Shoe Inserts Consultation Today!

If you or a loved one are experiencing foot pain or ankle pain and are in need of custom orthotics, then we invite you to schedule your podiatry appointment today and have an evaluation for custom made orthotics / custom shoe inserts.

Our podiatrist, Dr. Adriana Strimbu will examine your feet and can make you the best custom orthotics /shoe inserts. Come into our office, whether you are in need of prefabricated (over the counter) orthotics / shoe inserts or custom orthotics / custom shoe inserts, we have them all.

Simply call 954-455-9404 to reach our Hallandale Beach podiatry office and speak with one of our friendly team members or book your appointment online at [hallandalebeachfootdoctor.com](http://hallandalebeachfootdoctor.com).



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**REMY CLASS IV LASER THERAPY**  
Effectively Treating Foot & Ankle Pain

Are You Suffering from Chronic Foot or Ankle Pain?

See page one.

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# Prescription Orthotics Are Ready When Needed

Over-the-counter (OTC) shoe inserts and insoles can be purchased at pharmacies, the mall, or online. They provide cushioning or support for minor foot or ankle discomfort and are best suited for those whose pain is not consistent. Sometimes they serve as a preventive measure for people who need to be on their feet for long stretches of time.

However, inserts are mass produced and intended for a wide customer base. As such, they can't address the root cause of one's foot/ankle discomfort — everyone's feet and ankles are unique. Symptoms may persist and intensify over time, eventually affecting other areas linked to the foot or ankle.

Persistent foot discomfort/dysfunction should always be addressed by a podiatrist. After a thorough examination and diagnosis, a podiatrist has numerous weapons in the treatment arsenal, one of which is prescription orthotics. These special shoe or heel inserts are customized for each individual's unique foot structure.

*Prescription orthotics can ...*

- align and support the foot or ankle, and improve overall function.
- prevent, correct, or accommodate foot deformities.
- absorb shock and redirect ("offload") pressure from painful areas of the foot or areas vulnerable to ulcers (especially important for those who have poor circulation and/or diabetes).
- improve balance, athletic performance, and overall quality of life.

For patients leery of the price tag, a big-picture outlook is advisable. Prescription orthotics — precision-made for your feet — can last for years. OTC inserts/insoles need to be replaced every six months on average (and frequently provide little benefit). In the long run, prescription orthotics are often economically advantageous in addition to offering superior support, correction, and function.

If you are experiencing persistent pain in your feet or ankles, contact our office at 954-455-9404 for an appointment or book online at [hallandalebeachfootdoctor.com](http://hallandalebeachfootdoctor.com).