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Dr. Wachtel Discusses Sketchers Shape-Ups

Amber: And switching gears here we have Dr. Wachtel on the phone and he's debating something that I asked him to because I had some friends yesterday who had a lot of questions on it and that would be those new feet Sketchers that are out. Welcome Dr. Wachtel, how are you?

Billy: Hello!

Dr. Wachtel: I am kind of good. The Red Sox are giving me blood pressure problems. I've never had to take blood pressure medicine.

Amber: I know.

Billy: Now listen doctor you have to tell us you're from New York but you a Red Sox fan?

Dr. Wachtel: I'll tell you the conflicted problem. I was born and raised in Flushing Queens. You know where the Nanny was?

Amber: Yes!

Dr. Wachtel: You can kind of tell my accent is like hers.

Amber: I can exactly!

Dr. Wachtel: So, I was a Mets fan for my whole life so I always I won't say hated but i'll say disliked the Yankees tremendously so I came to Boston 20-21 years ago and I was single, on my own and I went to a baseball game I bought an SRO seat for 8 bucks and I sat literally two seats away from the dugout and I fell in love with the team and unfortunately I'm very addictive and my wife said to me one day when Pedro Martinez was pitching she said , "Mitchell, would you like to watch Pedro Martinez pitch in a championship game against the Cleveland Indians and I never watched baseball on TV ever I would only go to the stadium and from that day on I became a sick thing called Red Sox Nation.

Amber: I love that. I asked you to talk about those new Sketchers that are out because i had some girlfriends that had that and had been wearing them and think their cool but now they have some foot issues so can we get to the bottom of this.

Dr. Wachtel: I'm really glad you asked that question it's kind of like Uggs that's all leather

that could be a whole other conversation. They're basically toning sneakers what they're supposed to do is increase the tone of your muscles because your rocking and your over using muscles so the thought process is you're not landing on a flat shoe you're landing on a rocker sole so you're using muscles that would never be used before. Unfortunately in my personal opinion I have several patients in my practice that have come in with tendonitis because walking on your foot is not the normal motion of the foot so it gets even more interesting because many of the patients that are using some have what we call limb length discrepancy where one limb is longer than another so that compounds another whole foot problem that they never even would have had. One extremity was longer than the other so not only are you twisting the foot incorrectly when you have your limb length discrepancy when one limb is trying to compensate for the other but now you're on an uneven surface so it's basically creating an uneven or an instability now. Let's say somebody has a history of an ankle sprain and I've seen it all and their wearing this and their like my ankles are killing me and their swollen and I'm like well let's see what your shoe gear is and their wearing one of these toning sneakers so the good thing about these toning sneakers is their bringing business in.

Billy: You hear his little laugh "hehe".

Dr. Wachtel: The bad thing is they're really causing a lot of problems for people because this is not the normal way we walk.

Billy: I would think that these lead to back problems too, am i right?

Dr. Wachtel: If you're compensating for a roll right?

Amber: Right?

Dr. Wachtel: If you're compensating for rolling on your feet, your knees are going to take a hit, your hips are going to take a hit, and then the last thing it'll take out is your back and we don't mind it because the physical therapist likes to be busy but if you're considering these sneakers really and I'm being straight there are some people, very rare, that could do well with these but the majority of the population is going to have problems not even in the beginning its going to take a couple of months a mild tendonitis doesn't show up right away and do you understand what tendonitis is? It's an inflamed tendon that's over working and that's what they're trying to make the body do. They're trying to make the body over use a muscle we call it overuse syndromes. Do you ever hear of carpal tunnel syndrome?

Amber and Billy: Yes, of course.

Dr. Wachtel: You're over using a nerve the nerve is being pressed because you're doing a motion too much and the body's not used to it like someone who's on a keyboard all day long and now they have those ergonomic devices so they don't get it but its the same thing its a repetitive motion that's an overuse. I personally have viewed it as a fad from day one and now the results are starting to come and not every week do we get somebody but its becoming a little more regular that someone comes in and they have other foot problems but their exacerbated by this shoe that they thought was helping

them.

Amber: Right because its not I mean it... affects your... the arch and the balance and all of that.

Dr. Wachtel: You're unbalanced from the second you land on it. The other thing that I would definitely recommend if you're diabetic just to stay away from it completely because of callus development and calluses that get too thick develop into ulcers which we treat but you're just starting yourself into a whole routine of events. It's just not worth taking that chance.

Amber: So it's like a fad you're saying doctor like the crocs are a big thing?

Dr. Wachtel: In my opinion, and I consider my opinion extremely important, some people might not, but if it was me and I don't own them I would probably stay away from them but if you're a young person and if you're like ok I'm going to do the workout thing.

Billy: Was that the Curb Your Enthusiasm song just now?

Dr. Wachtel: Unfortunately that was my phone and I am him.

Billy: I thought I heard that! Oh my god that's my favorite show. Not to jump in but when is that coming back?

Dr. Wachtel: I think in like a month I heard.

Billy: Excellent. So you're Larry David?

Dr. Wachtel: I am so Larry David it's ridiculous. I'm a Jew from New York. Were all high strung. You met me I'm high strung! That's the way it goes.

Amber: Have you ever heard of Rein's Deli?

Dr. Wachtel: Oh we go to Rein's Deli all the time. Rein's Deli is like the best restaurant ever.

Amber: It rocks and I'm craving the pick... I actually called Rein's Deli last weekend and my kids thought I had totally lost it. I wanted pickles delivered to the house.

Dr. Wachtel: You know what I get when I go there. You're probably turn your stomach. I get corn beef and tongue on rye.

Amber: You had me until you mentioned the tongue but go ahead.

Dr. Wachtel: Every time we say the word tongue it brings back bad memories for some people that I'm eating tongue.

Billy: I'd try it. I never have but I'd try it.

Amber: No, no.

Billy: Probably wouldn't like it but...

Amber: Someone else's tongue doesn't interest me but let's not go there. So I have the corn beef and I have the pickles it rocks doctor and i'm craving it.

Dr. Wachtel: The potato pancakes are really good there! And the mushroom barley soup. Out of all the things they have they that really remind me of being a New Yorker, it's the mushroom barley soup.

Amber: Oh my gosh, I've never tried that doctor I'm going to have to do that.

Dr. Wachtel: It's not a kosher deli but it's kosher style. I don't know if you've ever been to Katz Deli in Manhattan they serve a corn beef sandwich that literally you would get TMJ from eating it, that big. You know what TMJ is? The jaw problem when your jaw locks.

Amber: Is it that good?

Dr. Wachtel: Yeah, that and black cherry soda from Brown's.

Billy: So Katz, I'm writing it down right now.

Amber: We ran over to Stage Deli

Dr. Wachtel: The Stage Deli over in Haverhill?

Billy: What are you talking about? We went to the Carnegie Deli.

Amber: Oh yes. I'm sorry. The Carnegie Deli and the kids loved it and I was stealing all of their pickles because I love them.

Dr. Wachtel: In Manhattan right?

Amber: Yep it was in Manhattan.

Dr. Wachtel: Yeah that's a good deli.

Amber: It was really good.

Dr. Wachtel: They're still in business.

Amber: Oh my gosh, so delicious.

Dr. Wachtel: Just take your cholesterol pill when you're done. I take big fish oil pills because I'm the typical Jewish eater I eat all of the fatty cholesterol foods that you probably shouldn't but I work out a lot.

Amber: That's good. So if you have these shoes on and you're starting to have problems you have four offices doctor. Where are they?

Dr. Wachtel: Were located at 451 Andover St in North Andover, 704 Rodger St in Lowell on Rt 38, 145 Ward Hill at The Whittier Rehab in Bradford, 60 East St in Methuen and please go to our website www.mitchellwachteldpm.com and please press on the icon for a free book.

Amber: And also your phone number, doctor.

Dr. Wachtel: 978-794-8406 and my staff when you call were really honing in on really providing really good care on the phone making sure you get your appointments on time and getting out on time.

Billy: Jessie rocks!

Amber: We love Jessie - she's awesome.

Dr. Wachtel: Jessie is phenomenal.

Amber: She is awesome and thank you so much and we had a really good segment today we always enjoy having you on and if all you are out there have foot issues please go and see Dr. Wachtel. Amber and Billy will give you a personal recommendation.

Billy: No excuses he has offices all around the Merrimack valley.

Dr. Wachtel: And if you want I can provide you commentary on the food channel.

Amber: Alright doctor thank you, it was a pleasure having you.

Billy: Thanks, have a great week.