SONORAN
FOOT & ANKLE INSTITUTE

News and Updates May 2026

Crocs Original Classic Clogs

Crocs Original Classic clogs continue to be wildly popular. Wearers of all ages find them comfortable, and youngsters love their customizability. From a podiatric perspective, however, we have mixed feelings about them.

Let's start with the pros:

- Comfy … for the short term. After a tough day on your feet, Crocs worn around the house can be soothing. But don't wear them for long stretches or for anything active, walks included.
- Good protection from fungi, viruses, and bacteria around poolside or in public showers/locker rooms, and from hot beach sand or searing asphalt.
- Lightweight and breathable.
- Relatively affordable.
- Designed for ease of cleaning.
- Customizable to match one's personality if desired — Jibbitz™ shoe charms.
- Can be worn with or without socks.
- Easy to slip on and off, which can be nice for those with mobility issues, the disabled, and older folks.

Now for the cons:

- Very little arch support, which can alter your gait and put added pressure on your ankles and points north.
- Inadequate heel support, increasing vulnerability to metatarsalgia, bunion development, and the formation of other deformities.
- No ankle support. Even in sports mode, using the strap, Crocs fall way short of supportive tennis shoes.
- Not compatible with custom orthotics or over-the-counter inserts.
- Little protection from sharp objects, raising susceptibility to puncture wounds.
- Even with Crocs' breathability, the material (Croslite) can lead to sweaty, odoriferous feet.
- Can be hazardous if worn on moving sidewalks or escalators.

If you wear Crocs clogs for short stretches only and avoid strenuous physical activity, you'll likely be fine. If you wear them for extended periods of time and are active, feet and ankles will suffer the consequences sooner or later. We'll be here when you need us.

About the Doctor

Tommy Saing, DPM

Dr. Saing is committed to delivering personalized care, treating patients as if they were his own family, and emphasizing patient education for a healthy lifestyle. A Long Beach native, he holds a medical degree from Des Moines University and completed his residency at Tucson Medical Center, where he served as Chief Resident. Also possesses an MBA from Syracuse University with a focus on business analytics and brand management. His professional interests include diabetic limb salvage and clinical research, with numerous co-authored publications. Outside of medicine, he enjoys family time, travel, snowboarding, and fitness.

Locations
Rosemont
Oro Valley

When Work Gets the Dogs Barking

Our feet support our body weight, provide shock absorption, and help us maintain balance — they are amazing foundations for our bodies. But they have their limits. Just ask those who are on their feet for prolonged periods each day, such as retail workers, healthcare professionals, restaurant servers, hairdressers, and warehouse staff, among others.

Gravity and long stretches of standing often team up to cause distress. Blood pooling in the lower extremities slows circulation, induces swelling, and deprives muscles of oxygen, which may already be overworked with constant effort to maintain posture and balance. Tight calves; strained Achilles tendons; collapsed arches; inflamed plantar fascias; compressed heels, ankle joints, and knees; and a painful lower back may result too. Throw in a callus or corn or two for good measure.

We're not advocating quitting your job. There are some things you can do to alleviate job-related foot and ankle discomfort:

- Wear proper supportive footwear. Good arch support, stable heel counter, and shock-absorbent cushioning.
- Shift and reposition your feet frequently. Take mini-breaks throughout the day. Even 30–60 seconds of marching in place, calf raises, ankle circles, and calf stretches get the blood moving more efficiently.
- Explore custom orthotics or over-the-counter inserts our practice recommends.
- If possible, use anti-fatigue mats or request supportive flooring.
- Wear compression stockings to improve circulation, reduce swelling, and lessen fatigue.
- Elevate your legs after work. Raising your legs above heart level for 10–15 minutes can spur circulation and do wonders for swelling.
- Stay properly hydrated.

If foot or ankle pain is dogging you, schedule an appointment with our office. We will help you put the bounce back in your step.

Mark Your Calendars

May 2 Kentucky Derby: Colts and geldings carry 126 lb.; fillies, 121; which includes the jockey's weight, tack (saddle, bridle, etc.), and lead pads to boost weight as needed.

May 7 National Day of Prayer: This day was signed into law in 1952 by President Harry S. Truman.

May 10 Mother's Day: Mother's Day is the third-highest church attendance day of the year (behind Easter and Christmas Eve).

May 13 Receptionist Day: The face of the company, the point of first contact — receptionists set the tone. Good ones deserve a special day.

May 25 Memorial Day: Approximately 620,000 Americans died fighting in the Civil War; World War II, 405,000.

May 31 Save Your Hearing Day: You don't hear the ocean in a seashell. It's just lower-frequency background noises "caught" by hollow and curved shells.

Comfortable in Our Own Skin

The skin is a versatile organ, taking on a host of responsibilities. It serves as a protective barrier from harmful agents seeking to infiltrate. It contains epidermal keratinocytes, which are cells that create proteins with antibacterial, antiviral, and antifungal qualities. Sebaceous glands also secrete oil that bolsters protection from foreign substances … and keeps skin soft too. Skin cells also team up to alert the immune system to invaders; white blood cells are sent in, ready for a fight.

The third layer of skin, the hypodermis (epidermis, top layer; dermis, second), is composed of fat that absorbs shock and cushions internal organs and other structures beneath the skin.

When the body's temperature rises due to the environment and exertion, sweat glands activate in the skin, evaporation follows, and cooling sets in. Blood vessels in the skin will contract when it is cold so heat is preserved for the body's core. When the body's internal temperature is rising, they expand to usher heat out through the skin.

The skin shapes our perception of the world. Tiny receptors detect pain and vibrations, indicate shifts in pressure and temperature, and differentiate between textures.

When skin is exposed to direct sunlight, it produces vitamin D, which is essential for good bone health, proper immune function, and reducing the risk of advanced cancer.

The skin is the largest organ of the human body and is part of the integumentary system, along with hair, nails, and glands. In recent years, however, the fascia (connective tissue) has staked its claim as largest organ. Even if skin gives up the crown, no other organ or organ system can say "we got you covered" quite like skin can.

Mediterranean Tuna Pasta Salad

Servings: 4; prep time: 10 min.; cook time: 10 min.; total time: 20 min.

A delicious and filling lunch, this Mediterranean tuna pasta salad is full of flavor and a healthy lunch idea for any day of the week.

Ingredients

- 1 pound pasta, any short noodle will work (penne, rigatoni, bow ties, etc.)
- 2 jars Tonnino Tuna* (garlic and olive oil flavor, or other of your choice)
- ¼ cup sun-dried tomatoes
- 4 scallions, green and white parts, diced
- ¼ cup fresh parsley, stems removed, chopped
- 2 tbsp. capers
- ¼ cup kalamata olives, sliced
- 1 lemon, zested and juiced
- 1 clove garlic, minced
- 1 tsp. dried oregano
- ¼ cup olive oil
- salt and pepper to taste

Directions

1. Prepare the pasta according to the instructions on the package; prepare slightly al dente so that it holds up in the pasta salad. Drain and set aside to cool.
2. In a large bowl, combine tuna, sun-dried tomatoes, scallions, parsley, capers, and olives. Mix well.
3. Add drained, cooled pasta to bowl and stir to combine.
4. In a small bowl/jar, whisk together lemon zest, lemon juice, garlic, oregano, and olive oil. Taste and season with salt and pepper as needed.
5. Drizzle dressing over top of pasta salad and toss all together right before serving.

***NOTE:** If you can't locate Tonnino Tuna, canned tuna will also work in this recipe.

Recipe courtesy of thedomesticdietitian.com.

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CROCS ORIGINAL CLASSIC CLOGS
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Neurostimulation Therapy and Diabetic Foot Pain

The most common cause of peripheral neuropathy is diabetes. Over time, high blood sugar levels can damage nerves in the feet, resulting in pain, numbness, and a tingling or burning sensation.

Chronic pain is generally defined as pain that persists for more than three months despite treatment involving medications, injections, physical therapy, and surgery. Diabetic peripheral neuropathy can devolve into this state, severely diminishing quality of life and potentially posing a threat to a patient's life in the form of diabetic foot ulcers. But for some patients, a hopeful therapy is rising in prominence: neurostimulation.

Neurostimulation (or "neuromodulation") therapy utilizes implantable devices that deliver mild electrical pulses to targeted nerve pathways. These electrical pulses block pain signals from reaching the brain.

This therapy consists of a trial period, utilizing temporary leads to test the neurostimulator's effectiveness. If the trial shows promise (i.e., improved function and a 50% reduction in pain), a patient can have a permanent implantation done, which is a minimally invasive outpatient procedure. Patients are typically up and walking the same day.

Neurostimulation can decrease or even eliminate patients' use of pain medication, improve sleep, enable patients to resume activities that their pain had previously quashed, encourage independence, and help patients to more clearly distinguish between neuropathic pain and new pain that crops up due to injury.

Neurostimulation therapy is a powerful treatment tool, providing hope for those who are at their wits' end. It's not a cure-all, but for many patients, even a 50% reduction in pain is a tremendous relief. The average is approximately 70%.

If you have questions about neurostimulation therapy, contact our practice today.