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## You know you're weird when the doc calls the intern in to observe

Monday, February 01, 2016

Nothing serious, fortunately. I was at an appointment to get new orthotics. The ones I got last year are fine for walking but I CANNOT run in them. I've been using a pair that is now 4 years old. Maybe a new pair will solve my shoe problem? (See other blog today)

I really like this facility. The lead doctor has worked with our Olympic runners. They know what they are doing to keep people mobile.

I've written before about my "difficult feet," but finally I got an explanation for one of my problems.

I have an extra bone in my ankle which results in "floppy feet." My ankles turn in all directions to a much greater degree than average.

As was explained to the intern.  
You hardly ever see this.  
In the womb these bones should have fused together.  
Mine did not.

Add this to my flat feet and over pronation plus an arthritic big toe joint, it's no wonder finding running shoes is such an adventure.

Edit:  
I've known about the extra bone since getting orthotics over 20 years ago, but this is the first time I've learned WHY it's there. No one ever explained probably since I never asked.

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**CD13202979**  
Interesting.  
1942 days ago



**DOVESEYES**  
I'm not surprised - it took 50 years to tell me I had a birth defect in my back that was the cause of all my pain :) !!!



1949 days ago



**SUNNYCALIGIRL**



This is kind of irrelevant, but I was studying at one point to be a nurse. I was amazed at how much the diagrams of the human body are NOT set in stone. There are all kinds of variations that are possible. One of my college biology teachers shared a story about his father-in-law, who needed (if I remember correctly) a gallstone operation. My teacher was allowed to observe the surgery, and it was discovered that his father-in-law, an incredibly healthy, never sick kinda guy-- had four kidneys! His reaction was, well, no wonder my father-in-law can drink me under the table and never get drunk! I had an anatomy class too, with cadavers, and that was...amazing. The human body is incredible, with all its quirks and variations.

Thank goodness you are getting new orthotics! I use Dr.Scholl's, I hope I never am in the position to need to see a foot doctor, but you have an incredibly good deal with this doctor who saw Olympic contenders! Glad you worked your problem out. And happy running!



1950 days ago



**SWEETNEEY**



I probably need to go to an ortho. The area between my heel and ankle is constantly swore.

Good on learning more about your body

1950 days ago



**CHERYLHURT**



Interesting! Now the intern has learned something new and can help the next person!

1954 days ago



**MCJULIEO**



It might really help that young doctor treat some other poor patient someday.... Way to go!

1954 days ago



**EGRAMMY**



Sur hope you get the shoes you need.

My GD2 is doing a residency in Orthotics now and then has to pass boards. Then she does a residency in prosthetics and has to pass those boards. I had no idea it was so involved. All this after she go a BS degree in biomedical engineering and masters in Orthotics/Prosthetics.

1954 days ago



**LEXIPEDIA79**



i always feel better when i understand the details of my conditions. best wishes with new orthotics and new running shoes.

1954 days ago



**MARYJEANSL**



There is no joy in being the patient the doctor uses to show something rare to his interns. And it doesn't make it any easier to find good shoes presumably. I wish you the very best success in finding something. And I hope that someday the doctors may have better suggestions than using you to show a rare condition off!

1954 days ago



**SLENDERELLA61**



Glad you have access to such knowledgeable people. Run Happy!

1954 days ago



**CD5288236**



Our bodies are truly fascinating and a bit frustrating at times. Glad you got an explanation!!



1955 days ago



**PHOENIX1949**



Who?, what?, when?, where?, and why? run through my head constantly and I'm always glad, especially when a medical person or genealogy contact takes the time to delve into the heart of the matter.

I have never been able to get on my knees or do deep knee bends since early childhood, even before becoming overweight. Many gym teachers accused me of being lazy and making excuses. In a fall in 2007, I broke a leg below the knee along with three foot bones and severely sprained both ankles, wrists and knees. Scans by the ortho doc following my case revealed that I had zero cartilage beneath my kneecaps but ample cartilage all around both knee joints. I think I was born without the cartilage. Doc said no way to confirm that but I so wanted send my test results to some folks.

I like to understand 'things' but am finally conceding that there are some 'things' that are impossible to explain/understand and am working hard to let go of the need to figure 'stuff' out.

1955 days ago



**WALLAHALLA**

strange indeed....hope you get new running shoes that help

1955 days ago



**WATERMELLEN**

Very interesting!! It helps to "know" doesn't it? And I hope reduces the feeling of shoe frustration which you say is putting you too a bit off balance . . . gotta say, I think you are doing absolutely great!!

1955 days ago



**IFDEEVARUNS2**

Fascinating - I too have floppy feet but not for this reason.

1955 days ago



**CD15641307**

At least you have an answer now, sometimes just knowing makes you feel better

1956 days ago



**CD15892450**

It's nice to finally get a good explanation -- it sounds like finding the right shoe could be quite frustrating! I just went through that, and I don't have anything unusual going on with my feet/ankles -- just that I've been wearing the wrong kind of sneaker for awhile apparently (according to the guy at the running store -- and I think he's right!).

have a good week!

1956 days ago



**PHEBESS**

Interesting!

I also have an extra bone, though it's a vertebra. Weird, huh?

1956 days ago



**NELLJONES**

I wonder why it took so long for someone to notice an extra bone?

1956 days ago



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