



BY JARROD SHAPIRO, DPM

Take a Step Back

Let's look at the big picture.

Practice Perfect is a continuing every-issue column in which Dr. Shapiro offers his unique personal perspective on the ins and outs of running a podiatric practice.

Do you enjoy using phrases related to podiatry? “Keep your feet on the ground.” “Take a Load Off.” Do you get a kick out of using these phrases? Getting that little joy out of a punny title is extra enjoyable with today's title. Let's take a step back for a minute for something positive.

The past year of COVID-19 has been filled with so many negatives and challenges. Social distancing. Masks. Major challenges with practice. And, worst of all, the monumentally large number of deaths from this horrible virus. It has been such a tough year. But now things seem to be on an improving trend with decreasing infectious numbers, hospitals no longer overwhelmed, vaccinations happening, and life—slowly—getting back on track.

My day today, a Monday, was pretty busy. There was a busy clinic in the morning, student and resident teaching in the early afternoon, and then some afternoon meetings. Now, at the end of the day, sitting down and thinking over today, you realize that for the first time in a while, it was an enjoyable day.

It wasn't terribly complicated. No one went to the emergency room. There was a stimulating lecture from one of my residents. We had a productive case conference educational meeting with residents, students, and some great attending colleagues. There was a lot to learn from our discussion. There was also a chance to



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interact with a few other colleagues from around the country who haven't been around in some time. It was a nice day.

Let's take this very short *Practice Perfect* column and ask you to take a step back for just a moment and remember why you chose this profession.

Maybe you love patient care. Perhaps you're stimulated by surgical procedures or the challenges of running a clinical practice. Some of you

are probably teachers for the sheer love of experiencing the moment when your students have that “aha” moment. Whatever your reasons, podiatric medicine and surgery is a fantastic career and each of us is lucky to be part of it and lucky to be given the trust of our patients.

We are lucky to have motivated and sharp students who want to learn; lucky to be alive and to have a career (rather than a job) that pro-

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vides fulfilling lives. Let's also take a step back and thank all of you who read this editorial. You are all considered my friends. Take just a short pause in your very busy

lives to remember why you do this job and be happy. **PM**


Dr. Shapiro is editor of PRESENT Practice Perfect. He joined the faculty of Western University of Health Sciences, College of Podiatric Medicine, Pomona, CA in 2010.

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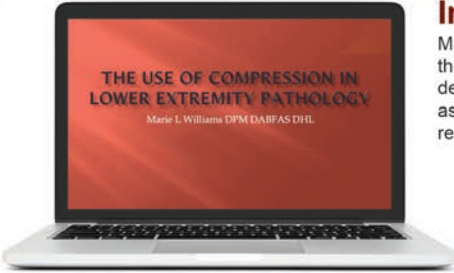
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The Use of Compression in Lower Extremity Pathology



Marie Williams, DPM, DHL
Director
Podiatric Medical Education
Aventura Hospital and Medical Center
Aventura, FL



In this Lecture...
Marie L Williams, DPM, DHL discusses how to identify the pathological need for compression. She also demonstrates how to apply multilayered compression as well as explains the different types of modalities to reduce edema in the lower limb.

Scan to go to the lecture



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