



jogging

Dr. Charles R. Young

Stubborn bunions befuddle doctors

Bunions in the runner are both fascinating and perplexing. Four basic questions come to mind. First, what is a bunion deformity and what causes it? Second, does running cause or aggravate bunions? Third, why is pain usually absent during the progressive stages in runners? And fourth, what treatment options are available to the runner with bunion deformities?

Answers are hard to come by since data is scarce. We have no choice but to rely upon the personal experiences and opinions of podiatrists.

Dr. Harry Hlavac, in his text, "The Foot Book," describes a bunion as a "bump on the side of the foot occurring at the large-toe joint. Strictly speaking, a bunion is an area of inflammation over a deformed great toe joint."

Actually, the deformity and angulation of the large toe determine the severity of the bunion. The more the large toe moves in the direction of the remaining digits, the greater the deformity and the larger the bunion.

For years, particular shoe types took the blame for this deformity. Today's level of sophistication, however, has allowed new insight.

Shoes do not cause bunions. Sometimes, however, they aggravate pre-existing ones.

A hereditary tendency to develop the deformity exists and family members often demonstrate various stages of a similar problem.

ANOTHER CAUSE OF bunions is a functional deficit at the foot or ankle level.

The imbalance creates destructive forces which alter the position and function of the great toe joint, resulting in deformity.

I do not feel that running causes deformities. However, the so-called destructive forces or functional deficiencies might be aggravated or worsened by the activity. Running of any type exerts a definite destructive influence upon an existing bunion deformity.

If the tendency exists for a bunion to develop and the necessary ingredients are present, running might well act as a catalyst in speeding up the process.

I base this attitude upon the concept of load forces and increased joint stresses during the running cycle.

We are well aware of the fact that bunion deformities are progressive problems. They get worse with time, not better.

We lack the sophistication necessary, however, to predict the rate at which they progress. Thus within one's clinical practice, all of the stages and developmental plateaus are evidenced.

Several years ago, I became aware of an interesting observation amongst runners with bunions. Since then, lots of thought has been given to it.

Numerous runners have bunion deformities in various stages of development, yet few runners seem to have problems or complain of pain or disability.

The big question is — why the apparent absence of pain?

What appears to be happening is that running, although destructive from one standpoint, appears to result in soft tissue flexibility and joint adaptation leading to a pain-free condition.

I've seen too many severely-developed bunion deformities in pain-free athletes for the relationship to be mere coincidence. I believe that running worsens the deforming progression while allowing the development to occur in a pain-free manner. For the afflicted individual, this relationship is fascinating.

The most difficult subject concerns treatment options, because of individual preferences and priorities.

Dr. Charles Young, a Livonia podiatrist, writes a jogging column for the Observer & Eccentric newspapers.

Area residents buy course

Indianwood begins renovation

By M.B. Dillon
staff writer

The new owners of the Indianwood Golf Club are confident that they can return the golf course to the prominence it enjoyed when it attracted high society and golfing greats.

Owners Stan and Sue Aldridge of Bloomfield Hills are resurrecting and renovating the course in a rustic Scottish style, after the intentions of its designer, Wilfred Reid.

Reid, at one time a renowned Scottish golf professional and course architect, designed the Indianwood links next to Lake Orion in 1920.

Those who graced the course in its day included the Buhls and the Fishers as well as such golfers as Gene Sarazen, Walter Hagen, Tommy Armour, Al

Watrous, Harry Vardon and Horton Smith. But since its heyday, the heralded weekend hideaway has traveled a low, rocky road.

Following the death several years ago of Indianwood's former owner, the lakeside golf course went downhill.

Membership dwindled from 350 to a paltry 40.

Stan Aldridge, an industrialist, said the owner's widow finally had to sell the course.

"But she didn't want to sell to somebody who'd throw up a subdivision — she wanted history to carry on," Aldridge said. "So we had her put out our place to show her how we've restored our house (a castle-like Tudor mansion). The deal finally came to fruition in February."

"We believe in the community and

wanted to make an investment in it," said Aldridge, a non-golfer whose relocated office overlooks the 18th green.

"It's a fun, long-range project."

"It's really been exciting. All the course needs is some fine tuning and manicuring to rival some of the best courses in the country."

"It's in excellent shape," he added.

"We've been open since mid-April."

Busy, too. The site of the 1954 Michigan Open and the 1930 Western Open (won by Sarazen) is experiencing a renaissance.

"WE'RE ADDING A Tudor tower, mixed grill and kitchen. We've replaced the roof. We're building a formal entry way and bricking the entire facade," Aldridge said. "The landscaping is what I'm really enjoying."

"My wife is a designer and she's overseeing everything," he added. "I do some crazy things and she usually goes along with me. She's becoming very interested in this."

To offset costs, Aldridge, who graduated from Detroit Redford High School and attended Michigan State University, is opening his dining room to the public. Former Vineyard's veteran chef Rick Kabanuk is in charge of the menu.

Aldridge said new members will be able to enjoy a fine club at comparatively low rates. Membership fees are \$2,100 (\$3,000 after June 1) and dues are \$150 monthly.

Aldridge, who dreams of hosting major tournaments at Indianwood, thinks the club should "fly with these figures."

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