

MEET YOUR TEAM



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BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't receive your birthday greeting but would like to in the future, please visit our Contact Page and let us know the date!

REFERRALS MEAN THE WORLD TO US!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. We'd like to thank the following people for doing so this past month:

- | | |
|--------------|-------------|
| Alice L. | Leslie L. |
| Barbara L. | Lloyd B. |
| Ben W. | Madison F. |
| Betty D. | Michelle M. |
| Brian W. | Pam O. |
| Cassandra A. | Rosara C. |
| Chris K. | Ruth S. |
| Culver S. | Scott W. |
| Ely U. | Stacey K. |
| Erin H. | Sue C. |
| Jennifer C. | Tim S. |
| Jim L. | Tina R. |
| Kenneth H. | Trinka C. |
| Kristin M. | Vianey G. |
| Leah B. | |

If you pass along our name to someone close to you, please let us know so we can say thanks!

QUESTION OF THE MONTH

My husband enjoys playing pick-up basketball at the rec center each week, but more and more often he is experiencing ankle pain afterward. Are there any basic tips to strengthen the ankles without making a trip to the gym?

Ankle injuries are among the most common injuries experienced by people of all ages. One of the causes of ankle injuries is a lack of flexibility of the leg muscles. You can use a simple hand towel to stretch out your calves and heels.

Perform the calf exercises by sitting with your leg straight in front of the body with your knee straight. Loop a towel around the bottom of your foot. Holding one end of the towel in each hand, gently pull the towel up until you feel a slight resistance in the calf area. There should be no pain. Hold the position for at least 20 seconds to attain a good stretch. For your heel, use the same motion but with your knee bent slightly. Good luck!

WHEN SHOULD YOU CALL A PODIATRIST?

YOU SHOULD CALL A PODIATRIST ANYTIME YOU EXPERIENCE PAIN, DISCOMFORT, OR NOTICE CHANGES IN YOUR FEET. KEY INDICATORS INCLUDE:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that effect your feet.

FREE BOOKS for a limited time!



Choose from four books offering helpful tips and treatments for diabetic foot care, running, heel pain and general foot pain.

These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists and are available free for a limited time.

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER!

Give the Gift of Massage THIS VALENTINE'S DAY!



Sometimes the most important foot care is the type that can be delivered at no cost in the comfort of one's own home. With Valentine's Day rapidly approaching, here are some tips for offering a spa-caliber foot massage to that special someone in your life.



STEP 1 Set Up

Gather necessary supplies. If you are planning to use massage oil or lotion, remember to use a towel to protect clothing and furniture.

STEP 2 Relax



Have the person receiving the massage recline against a pillow on a bed or sofa to help relax the entire body.



STEP 3 Foot Stroke

To begin the massage, rub the foot to stimulate circulation and warm the foot. While holding your partner's foot in your hands, make long, slow, firm stroking motions with your thumbs from the tips of the toes all the way to the back of the foot. Then retrace your steps back up to the toes with a lighter stroke. This step can be repeated three to five times.

STEP 4

Ankle Rotation



Next, begin ankle rotations to help loosen up the joints. Put one hand under the heel, behind the ankle, to brace the foot and leg. Take the ball of the foot in one hand and with the other turn the foot slowly at the ankles multiple times in each direction. This helps reduce stiffness, and can be repeated as needed.



STEP 5 Toe Pulls

While holding the foot beneath the arch, begin with the big toe and place your thumb on top and index finger beneath. From the base of the toe, slowly and firmly pull the toe, sliding your fingers to the top and back to the base. Next repeat this step, but gently squeeze and roll the toe between your thumb and index finger, working your way to the tip and then back to the base. Repeat this step on the remaining toes.

Repeat as often as you like, and for one final tip, don't reserve foot massages just for Valentine's Day. Enjoy them year-round!

WINTER WEATHER MAKES FOR Ideal Running Conditions



While many Texans count down the days of cold weather in anticipation of warmer temperatures, those who are passionate about outdoor exercise such as running often find that the winter season offers the most ideal conditions.

If you are planning to step up your exercise regimen during the winter months, keep in mind a few important tips to brave the shorter days of light and the chilly conditions:

SET YOUR GOAL – Sometimes running your normal route can become mundane. Change things up by training for an upcoming event such as a 5K or 10K, or set a mileage target for the entire month to keep yourself motivated.

DRESS APPROPRIATELY – It's all about the layers. There is nothing more uncomfortable than being cold or wet during a run. Consider layers that block the wind, tops that wick moisture away from your skin and a material such as fleece on the outside that offers great insulation. Some experts recommend dressing for 15 to 20 degrees warmer on especially cold days, so that as your body temperature increases you will reduce the risk of overheating and excessive sweat.

INVITE FRIENDS TO JOIN YOU – Workouts provide a great opportunity to socialize, with the built-in bonus of providing an added level of safety in numbers.

MAKE YOURSELF VISIBLE – If you prefer to run in the late afternoon or after work in the evening, it's important to wear clothing or gear that offers a reflective surface, thus making it easier for cars, busses and pedestrians to see you more easily.

HYDRATE – Even though it's cold outside, you can still become dehydrated as easily in winter as in the middle of summer during exercise. Make sure to drink plenty of water before, during and after your runs.

TAKE TIME TO WARM UP – When the temperatures are lower, it can take your body a bit more time to warm up. Some runners recommend beginning with a brisk walking stride or a slower paced job before getting into your desired running tempo.

Don't let winter weather slow you down! A new year presents opportunities to set new goals for yourself, and there's no better time than the present.

MANAGING DIABETES in Cooler Weather



For those with diabetes, managing the disease is a responsibility that requires diligence throughout the year. Many individuals are able to avoid the long-term problems associated with diabetes by taking good care of themselves and working with a dedicated health care team, including your foot and ankle specialists.

During the winter seasons, managing diabetes can become even more challenging given the colder temperatures, increased exposure to the flu and colds and changes to your diet and exercise routine.

Here are some tips for managing diabetes during the wintertime:

Stay Warm When It's Cold Outside – Diabetes can cause problems in your blood flow, and these conditions are most likely in cold winter weather. Plan on wearing extra layers and take extra precautions to keep your head and hands covered. Don't forget your feet, which should be covered with comfortable socks and cushioned shoes.

Protect Your Skin from Dryness – Cold weather dries out our skin, eyes and even the inside of our body. Drinking lots of water helps to avoid dehydration, and using a humidifier can help generate a home environment that is not too dry. Also consider using lotion on your feet, hands and other body parts to prevent the skin from cracking.

Find Ways to Exercise – Just because it's cold outside doesn't mean you can't keep your body moving during the winter months. Take part in an indoor exercise class, use workout videos in your own home or even consider a trip to the mall to take some laps while enjoying some window shopping!

Check Your Blood Sugar Regularly – Changes in the weather can cause changes to your blood sugar levels. Some experts recommend added checks of your blood sugar throughout the day to accommodate for the change in climate, but please check with your physician to determine the best plan for your personal health.

Manage Your Stress – As we all know, stress can be a year-round condition. During the doldrums of winter, this can be especially taxing for those with diabetes. Some ways to keep your stress in check and your emotions positive include setting a schedule and adhering to it, eating healthy, taking part in regular exercise, spending time with friends and family, and talking to your health care team and others regularly about your condition.

Keeping your diabetes in check is a challenge, but with proper care you can quality of life.