

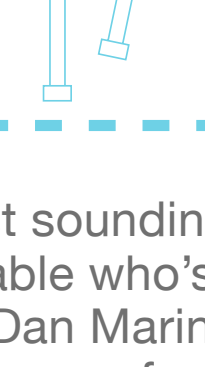


..... MAY 2015 .....

# NEWSLETTER



## The Ins & Outs of Achilles Injuries



A ruptured or torn Achilles tendon may be one of the worst sounding injuries a person can experience. We've witnessed a veritable who's who list of modern athletes go down with this injury, including Dan Marino, Kobe Bryant, David Beckham and Misty May-Treanor to name a few, but surprisingly the injury is not limited to elite athletes. Those who commonly fall victim to Achilles ruptures or tears include recreational athletes, people of older age and those who are participating in a new activity or have recently changes the intensity level of activity.

An Achilles rupture or tear typically results from sudden plantarflexion or dorsiflexion of the ankle, or by the forced dorsiflexion of the ankle outside its normal range of motion. It can also be caused by sudden direct trauma to the tendon or sudden activation of the Achilles after a prolonged period of inactivity.

Surgery is the common treatment for Achilles injuries, especially in young, healthy and active individuals. There are surgical and non-surgical treatment options for Achilles injuries, and often the decision is based on the activity level of the patient and the best approach to preventing re-ruptures that may impact mobility in the future.

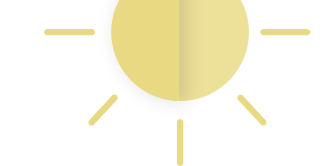
The good news is that a complete recovery is possible following Achilles ruptures or tears. Once the cast is removed, various therapy is suggested and a return to routine activities usually occurs at four to six months.

If you have any questions about the prevention of Achilles injuries relating to your exercise routine, don't hesitate to contact the team at Austin Foot and Ankle Specialists.

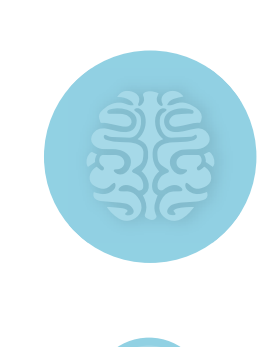


## Take a Walk for Good Health

There may be no more affordable, convenient and easy exercise in existence than the ordinary daily walk. Not only is it low impact and suitable for all ages and abilities, but there are a number of other health benefits you may not know about. Here are a few of the top reasons why carving out time in the morning or evening with friends, family or loved ones is well worth the effort:



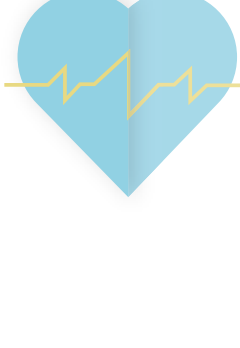
**It strengthens your legs and many other body parts – adding hills and paying attention to your posture can pay dividends.**



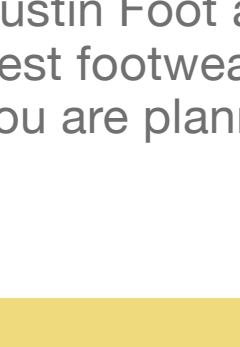
**It boosts your vitamin D levels – spending time outside in the daylight can be healthy, but be careful to wear sunglasses to protect your eyes and use sunscreen to avoid burns.**



**It makes you feel better all day – daily exercise is a natural energizer that boosts circulation, increases oxygen supply and can even help stimulate your brain activity by making you feel more alert.**

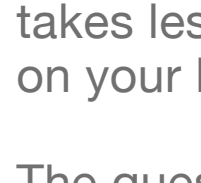
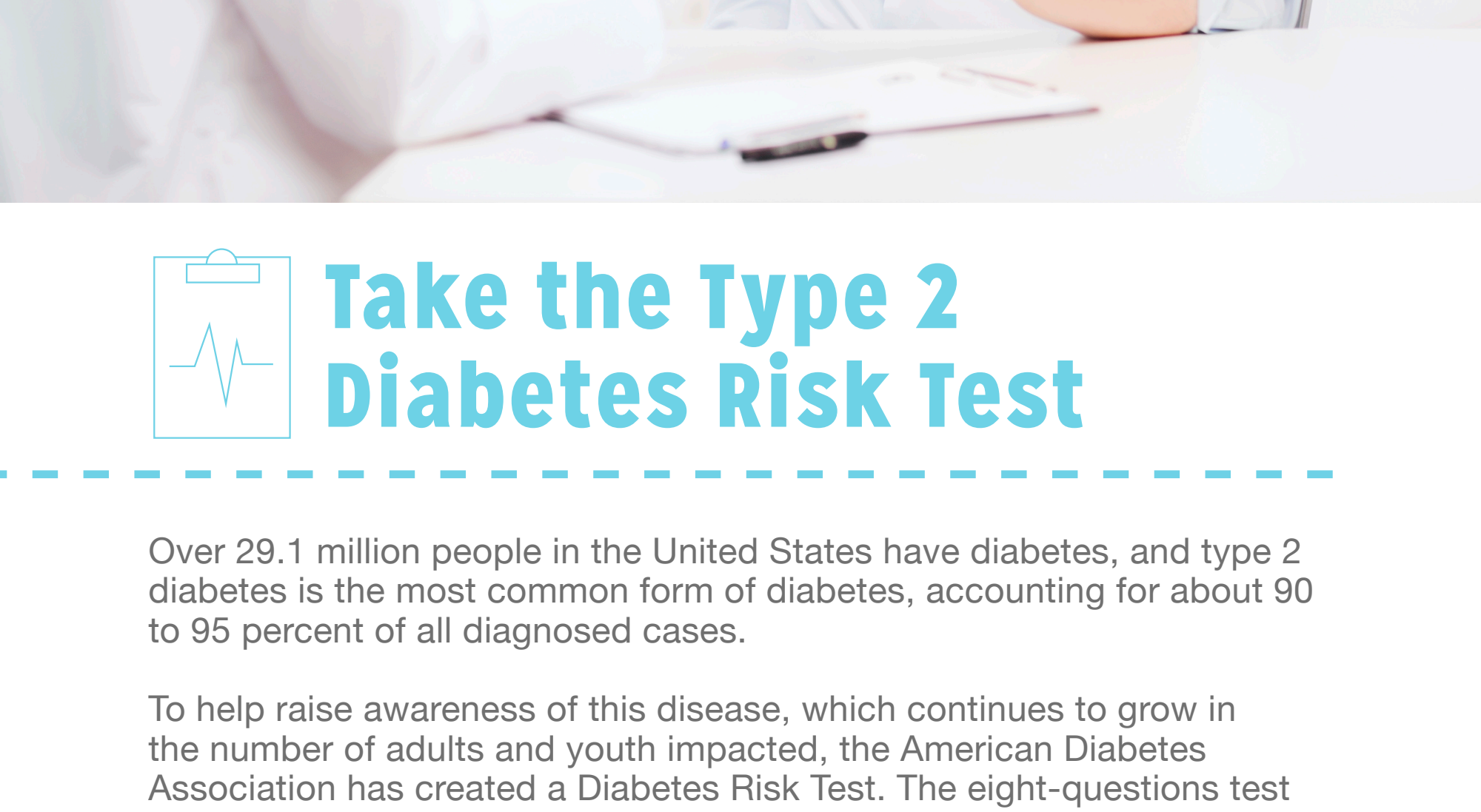


**It can help keep your weight in check – whether you are trying to lose weight or just maintain your health, every step helps burn calories and increase your muscle tone.**



**It strengthens your heart and lowers disease risk – walking reduces your risk of heart disease and stroke. It can also lower your levels of bad cholesterol while increasing your good cholesterol levels and reduce your risk of developing type 2 diabetes.**

Austin Foot and Ankle Specialists can offer recommendations on the best footwear to consider if you are beginning a new walking routine or if you are planning to increase your fitness endeavors.

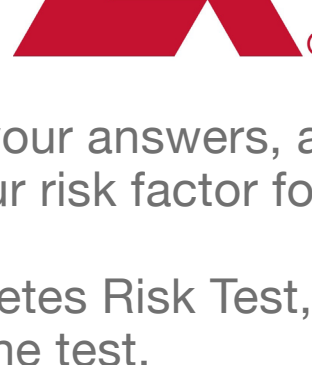


## Take the Type 2 Diabetes Risk Test

Over 29.1 million people in the United States have diabetes, and type 2 diabetes is the most common form of diabetes, accounting for about 90 to 95 percent of all diagnosed cases.

To help raise awareness of this disease, which continues to grow in the number of adults and youth impacted, the American Diabetes Association has created a Diabetes Risk Test. The eight-questions test takes less than a minute to complete, but could make a dramatic impact on your long term health.

The questions touch upon your family's history with diabetes, previous high blood pressure concerns, and your age, gender, ethnicity, activity level, height and weight. Points are accrued based on your answers, and then a final score is calculated that determines your risk factor for having type 2 diabetes.



**American Diabetes Association®**

**CLICK HERE** to take the Diabetes Risk Test, or you can **CLICK HERE** to download a paper version of the test.

For more information and resources relating to diabetes education, treatment and prevention, visit the American Diabetes Association's website, [www.diabetes.org](http://www.diabetes.org).

Austin Foot and Ankle Specialists is a trusted resource for those with diabetes, having recently participated in the Taking Control of Your Diabetes (TCOYD) conference and health fair in Austin.



## QUESTION OF THE MONTH



**NOW THAT I'M FEELING BETTER, I WANT TO RETURN TO MY PREVIOUS ACTIVITIES OR START A NEW EXERCISE OR SPORT, BUT I DONT WANT TO HURT MYSELF AGAIN. HOW DO I KNOW HOW MUCH I CAN DO?**

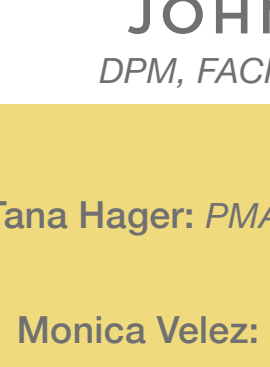


The answer to this question largely depends on how long it has been since you injured yourself or had surgery and what your fitness level was prior. If it has been less than six weeks since your injury and you have been cleared by your PT or MD, you may start at 60 to 70 percent intensity of your previous level and can increase 10 percent each week that you remain pain free. Keep in mind that intensity can be affected by time / distance, speed and resistance. Therefore increasing needs to be a total increase, not an increase in each. In general, it is usually preferred to return to full time/ distance prior to full speed. If your injury or surgery was prior to six weeks ago, drop your starting point back an additional 10 percent for each additional month off and progress in the same manner. If at any point your pain begins to return, drop back from your last workout 20 percent, remain there for two pain-free weeks and try to progress again. If you are unable, it is a sign you may need to return to your MD or therapist.

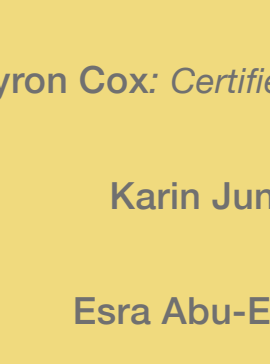


**THREE LAKES physical therapy & wellness center**

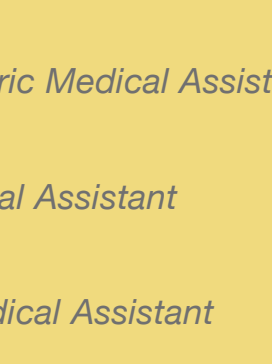
## MEET THE TEAM



**DR. CRAIG THOMAJAN**  
DPM, FACFAS



**DR. SHINE JOHN**  
DPM, FACFAS



Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

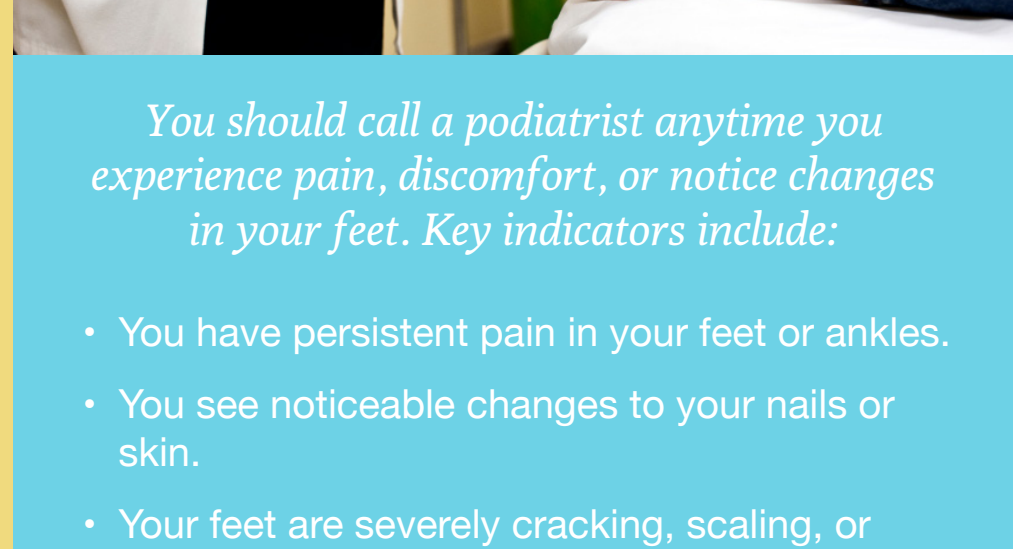
Esra Abu-Esba: Medical Assistant

Lindsey Ryder: Medical Assistant

Joshua Hernando: Clinical Coordinator

Frances Yule: Billing Specialist

## 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 affect your feet.

## REFERRALS YOU 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:

Gordon L. · Christy M. · Jennifer M. · Karin J.

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

## 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!

## 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.

**CLICK HERE FOR YOUR FREE BOOKS NOW!**

5000 Bee Cave Road, Suite 202 • Austin, TX 78746 • (512) 328-8900  
[www.austinfootandankle.com](http://www.austinfootandankle.com)

If you do not wish to receive future emails from our office, please **Click Here to Unsubscribe** or send an email to [thestaff@austinfootandankle.com](mailto:thestaff@austinfootandankle.com) with Unsubscribe as the subject line.



# HEAL PAIN.

**CLICK HERE**

