



November 2016

News and Updates

Turf vs. Grass

The Effects on Football Injuries

Football season is in full swing and those unfortunately on the injured list are messing up a whole lot of fantasy football teams! From ankle sprains to turf toe to stress fractures, there are a number of common football injuries that can keep players on the sidelines, but can the type of field they're playing on be to blame? It's time to huddle up and kick off a conversation about the age old rivalry: turf vs. grass.

Meet the Team



DR. CRAIG THOMAJAN
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DR. SHINE JOHN
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DR. BRITTANY KALAPACH
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Tana Hager: PMAC, Practice Administrator
Monica Velez: Surgical Scheduler, Trainer
Karin Jung: Lead Medical Assistant, Trainer
Shayne O'Connell: Medical Assistant
Sarah Schneider: Medical Assistant
Vishal Patel: Medical Assistant
Joshua Hernando: Lead Clinical Coordinator
Madeline Ryan: Clinical Coordinator
Frances Yule: Billing Specialist
Alexis Kirk: Patient Scheduler
Lindsey Ryder: Insurance Verification

For years, artificial turf has come under fire as a main culprit of many injuries, however, advancements over time have actually made turf more and more similar to natural grass. So is one truly better or worse than another? Well, guess what? Because it's friction that increases the risk of injury, the real problem lies not in the surface, but rather in the shoes!

Increased injury risk has to do with traction, therefore, the right shoes matter! If football players want to stay in the game, they need to have two different types of cleats in their lockers – a pair made specifically for turf, and another specifically for grass. That way the risk of slipping, twisting, over-extending, and tearing will be greatly reduced – touchdown!

That tackles that problem. As for your fantasy football team? Sorry, but for that you're on your own.





Is Your Gait Straight?

You don't usually think about how you walk, right? After all, it's something you just do naturally every day. Sometimes, though, the way in which you walk can cause issues not only with your feet, but also your ankles, legs, back, and right on up! So, even though you may not think about it, we do!

The way in which you move from one point to another, be it walking or running, is called your gait. A gait analysis assesses how your feet – and actually, your whole body – performs this movement. This allows us to pinpoint biomechanical abnormalities that can lead to possible problems such as overpronation, shin splints, and Achilles tendinitis.

By considering things like how your foot strikes the ground, how it rolls forward as you step, and how you push off for your next step, we can determine if your biomechanics could use a little help in order to prevent certain conditions and reduce your risk of injury.

We may recommend custom orthotics which can be used to add stability and support in order to keep your feet in correct alignment. We may also make footwear suggestions or provide exercises tips to increase strength and range of motion.

To find out if a gait analysis could benefit you, walk on over and get more information from our helpful staff, or ask to schedule an appointment today!

Mark Your Calendars

- November 6** Marooned Without a Compass Day – Sounds like a good time for a nap!
- November 11** Veteran's Day – Giving thanks isn't just for Thanksgiving.
- November 13** Caregiver Appreciation Day – Yet another day to be thankful!
- November 17** Great American Smoke Out Day – A perfect time to quit... you can do it!
- November 24** Thanksgiving – What are you grateful for?
- November 25** You're Welcome Day – How appropriate.





Sweet Dreams

Getting the Right Amount of Sleep for Your Health

Getting the Right Amount of Sleep for Your Health

Do you get enough sleep? Let's hope so! Making sure you get your ZZZZs affects more than just whether or not you feel tired. When you're asleep, your body is actually hard at work. It's during this time that repairs are being made, tissues are being healed, and old cells are being replaced with new, healthy ones. When you cut your sleep short, there's not enough time for your body to get these jobs done! That means injuries take longer to heal and conditions continue to need treatment. Besides, lack of sleep can affect your stress levels, your ability to focus, your energy, and your mood.

Ideally, you should get 7 – 9 hours of sleep. If this seems like it may be difficult for you, try these tips:

- Limit caffeine
- Avoid alcohol
- Don't eat a heavy meal before hitting the hay
- Get regular exercise
- Drink plenty of water
- Stick to a relaxing bedtime routine, going to bed and getting up at the same time each day.

Pumice Stone Prowess

Never experienced the smoothing sensations of a pumice stone? Well, check out these tips to become a pro:

1. Soak your feet in a warm foot bath for 5 – 10 minutes. You can add some drops of baby oil for extra moisturizing if you want! A little bit of lavender can be soothing as well.
2. Dip the pumice stone in the warm water and gently rub areas of rough or callused skin using a circular motion and very little pressure.
3. Pat your foot dry with a soft towel – don't rub as the newly smoothed skin may be sensitive.
4. Massage some moisturizer over the area.
5. Rinse your pumice stone in clean water, then store in a dry location.
6. Show off your smooth and silky feet to the world!

NOTE: Never try to cut away hardened skin, especially if you have diabetes!



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Free
Books

Call (512) 328-8900 or visit
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Diabetic Danger: Charcot Foot

It's Diabetes Awareness Month and one thing you should definitely be aware of is the danger of Charcot foot. Because of the lack of sensation from nerve damage often associated with diabetes, you can sustain an injury to your foot yet be completely unaware of it. Continuing to walk on the injury increases the damage until weight-bearing joints begin to break down, and eventually the foot becomes severely deformed. Clearly, catching this problem at the onset is vital to avoiding serious complications, including amputation. Initial tell-tale symptoms include redness, swelling, and warmth.

The risk of Charcot foot is yet another reason why it's critical to perform your daily self-foot exams so you can check for these early warning signs, along with others that could lead to dangerous infections or debilitating problems.



For more information on managing diabetes and preventing potential complications, feel free to talk with our caring staff. You can also find additional information on our website.

With a diligent diabetic foot care plan, you can live a full, active, and healthy life despite the disease.

Dr. Kalapach's special interests include diabetic foot care, wound care, and lower limb salvage. She is also part of our expert surgical team specializing in forefoot and rearfoot surgery. Dr. Kalapach is currently taking new patients. Call today for an appointment!