



February 2016

News and Updates

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Why So Wobbly?

Why Ankle Instability Occurs & What You Can Do About It

On Valentine's Day, you might get swept off your feet, or maybe your knees will go weak, but if your ankles keep giving out, well that's not a sign of love—that's a sure sign of ankle instability!

This condition typically occurs when an ankle injury doesn't heal properly, or if you've sprained your ankle numerous times. Arthritis can also be a culprit. The resulting symptoms can include pain, swelling, tenderness, stiffness, and that wobbly feeling like your ankle is about to give way—and sometimes it just might!

Ironically, the condition can make you prone to even more sprains, and the vicious cycle continues. To stop the madness, make a date with us! We can determine what's behind your problem and design a plan to solve it. Treatments can include anti-inflammatory medications, physical therapy, steroid injections, and supportive braces. In severe cases, surgical procedures to remove scar tissue or repair ligaments and tendons may be necessary.

We can also provide you with tips to keep you on your feet as well as ankle strengthening exercises to help you walk without wobbling. That way, the only time you'll fall is when you fall in love. **X-O-X-O**



Fissure Fixes: How to Heal Your Cracked Heels

If your heels look like the parched earth of an arid desert during an especially dry streak, don't worry—help is on the way! Dry, cracked heels aren't just unattractive, they can be painful and open the door to infection too. This is especially dangerous if you have diabetes. If that's the case, be sure to make an appointment with us quickly. Otherwise, here are some tips to heal those heels of yours:

- As with many conditions, the best way to treat heel fissures is to follow a routine to prevent them in the first place. After a shower or bath, gently rub a pumice stone on rough areas, then apply moisturizer, or even petroleum jelly. Slip on some socks to seal in the moisture overnight as you sleep.
- Try using heel cups or pads to provide added cushion to your shoes and relieve pressure on your heels.
- If cracks are deep, you may need to apply an antibiotic ointment.
- Avoid going barefoot and steer clear of open-backed shoes that leave heels exposed and unsupported.
- Drink plenty of water to stay hydrated—it helps your heels stay hydrated too!
- Try a soothing foot soak, then break out the pumice stone and lotion again.
- Moisturize, moisturize, moisturize!
- Still need help cracking down on cracked heels? Ask us for more tips or make an appointment today.

Mark Your Calendars

- February 2** Ground Hog Day—Will it be sunny?
- February 6** Eat Ice Cream for Breakfast Day—Don't mind if I do!
- February 7** Super Bowl 50 Sunday—Pass the chicken wings.
- February 8** Kite Flying Day—Go fly a kite!
- February 14** Valentine's Day—XX-OO
- February 15** President's Day—Hail to the chief!
- February 17** Random Acts of Kindness Day—Get out there and be nice.
- February 29** Leap Day—Leapin' lizards, it's a leap year!





Foods for Healthy Skin

If your Valentine wants to give you a box of sweets, ask for dark chocolate—it's full of antioxidants that help protect your skin and make it look firmer. What a perfect excuse to indulge! Oh, the sacrifices we make for love. Here are some other foods to feed your skin for a healthy glow:

Fruits and veggies often have their fair share of antioxidants too, as well as essential vitamins to boost your collagen levels and smooth fine lines. Leafy greens like kale mixed with red peppers and tomatoes make a great skin-friendly salad or soup. Blueberries and mangos are also excellent choices for a glowing complexion.

Did you know there are actually "good fats" that are great for your skin? To get them, serve yourself up some salmon, dive into some avocado dip, or grab a handful of almonds.

To keep skin moist, drink plenty of H₂O, and load up on spoonfuls of honey.

Eggs and pumpkin provide vitamin A's wrinkle-fighting, skin-repair powers—sounds like a great reason to enjoy a second helping of pie!

Finally, what you don't eat matters too—avoid sugary foods and limit carbs, dairy, fatty options, and alcohol.

For more tips, here's a smooth move—just ask our friendly staff!



Footprint Crafts for Little Feet

Nothing says I love you like a precious card made from little foot prints! Dip your child's feet in your favorite color of washable paint, press onto paper, let it dry and add finishing touches with a marker. Try these cute ideas:

-  Place right foot slanted outward just slightly, and the left foot, with heels matched up, slanted the other way to form a heart.
-  Press several prints pointing upward on a page, then add stems for a beautiful bouquet of flowers.
-  Dip in yellow, then add black stripes, wings and a face and write "Bee Mine". Or go with red and make a lady "love" bug.
-  Use the footprints to spell out the word "Love".
-  Make prints side by side with baby toes touching, then decorate as a butterfly.

If you do any of these footprint crafts with your kids, be sure to send us a picture—we'd love to show it off!



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Before Slipping on Shoes, Slip in Orthotics

If a caring friend offers comfort and support when you need it most, then think of a pair of orthotics as your new BFF! Orthotics can be custom made to fit the contours of your unique feet, providing support in the areas you and you alone specifically need, and easing discomfort of foot pain stemming from a number of different conditions. From flat feet and high arches, to bunions, plantar fasciitis, and more, when you slip in orthotics before you slip on your shoes, get ready to feel better soon!

These devices can be designed to control abnormal motions like overpronation (functional), or simply to provide additional cushion and support (accommodative). They help to distribute weight more evenly as well, which eliminates too much stress on any one area. Best of all, they're not just for athletic shoes. Custom orthotics can even be made to fit dressy footwear, including high heels! Take that, store-bought, only-provide-comfort-and-that's-it inserts!

Simply put, orthotics can help you improve your biomechanics, reduce painful symptoms, correct structural issues, and just plain feel more comfortable and supported. Hey, what are friends for?

If you think you could benefit from custom orthotics and would like to introduce some to your favorite shoes, just ask our friendly staff for more information.