

Basketball Bumpers

March Madness is upon us, which is the perfect time to talk about the most common foot and ankle injuries to basketball players, and how they can be prevented! Whether you're a rec league regular or a backyard pickup game guru, take note of the injuries of which you are most at risk, and be sure to follow the prevention tips so you can stay on the court and off the bench!

1. Ankle Sprains. Let's face it, with all that jumping, pivoting, running, and changing directions, it's not surprising that ankle sprains top the list! Rest and ice the injury, wrap it, and elevate it when you can.

Prevention tip: Be sure that your shoes offer plenty of support, and wear an ankle brace or tape your ankle for added stability.

2. Stress Fractures. These cracks in the bone often occur due to overuse and playing on hard surfaces (like a basketball court). It's important that you rest and take weight off of your foot until the bone heals fully.

Prevention tip: Replace shoes as soon as you see signs of wear, warm up properly, and try not to overdo it.

3. Turf Toe. We know what you're thinking – basketball is not played on turf! Don't let the name fool you. This injury may be associated with football, but it occurs when the big toe is overextended, like when you're making quick movements or landing a jump. Again, rest and ice will help.

Prevention tip: Wear shoes that fit well with plenty of toe room, buddy tape your big toe to its neighbor, and consider orthotics to help keep your foot in proper position.

While not all injuries can be avoided, you can at least lower your risk! Remember: stretch, support, strengthen, and slowly increase training, and you'll have a great shot at staying injury-free.

Meet the Team



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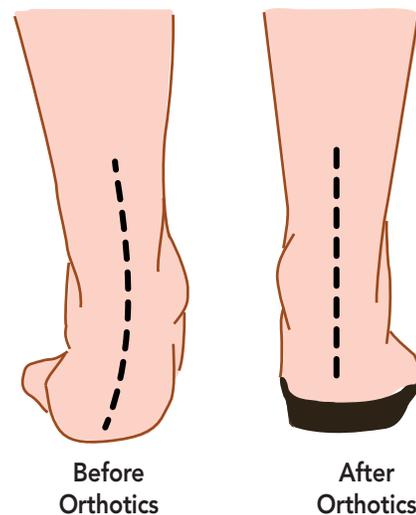


Get Over It!

Treating Overpronation

Overpronation means your foot rolls too far inward when you step and this can cause all sorts of problems! From heel and arch pain to cramps to a higher risk of injury, overpronating can take its toll on your feet and ankles. Luckily, correcting it is often as easy as slipping a custom pair of orthotics into your shoes.

Since the main reason behind your abnormal gait is typically a faulty foot structure and the resulting bad biomechanics, orthotics can definitely help! These devices are made to the specifications of your unique feet, so they can provide additional support exactly where you need it, plus they hold your feet in their proper position so they step the way they should. In other words, orthotics not only help correct your poor biomechanics, but they also compensate for a foot structure that's lending itself to the problem. Yeah, they can do all that!



Of course, in addition to the orthotics in your shoes, your choice of shoes matters as well. It's important that you are wearing the right footwear for the activity, and that your shoes fit properly and are not worn out.

Find out more from our friendly staff so you can get over your overpronation, and get on with a pain-free life!

Mark Your Calendars

- March 1** Peanut Butter Lovers' Day – do you prefer crunchy or smooth?
- March 3** Caregiver Appreciation Day – thanks for all you do!
- March 17** St. Patrick's Day – celebrate with green veggies!
- March 23** Melba Toast Day – break out the dip!
- March 26** National Spinach Day – your chance to go green!
- March 30** Take a Walk in the Park Day – remember to wear good shoes.





Green is Good!

The Benefits of Green Veggies

Remember how your parents always told you to eat your vegetables? Like most kids, you probably spent a great deal of time gagging on spinach, pushing peas around your plate, plugging your nose to swallow broccoli, and feeding green beans to the dog! The fact is, even as adults we likely don't have enough green on our plates. Well, in honor of National Nutrition Month, the buck stops here! It's time we stop hiding things in our napkins and start embracing the benefits of green veggies! So next time you fill your plate, chew on this:

Green, leafy veggies --

- are a great source of Vitamin K which helps prevent age-related conditions and helps your blood clot.
- lower cholesterol
- promote eye health
- increase your energy
- boost bone strength
- prevent types of cancer
- reduce risk of heart disease
- fight diabetes
- aid in burning fat
- protect against sun damage
- protect against toxins
- improve metabolism
- boost brain power

Now, if those aren't enough reasons to go green, we're not sure what is! (Besides, you can't have dessert until you finish your plate.)



Rainboot Review

Rainboots are all the rage, but should you give in to the trend? Here are some pros and cons to consider:

PRO: They keep your feet dry!

CON: Depending on the liner, feet can get sweaty in warm temps and cold in winter weather.

PRO: Easy to slip on.

CON: Tough to get a good fit.

PRO: Great for brief rainy day outings.

CON: Not-so-great for walking long distances.

PRO: Cute!

CON: Often lack cushion and support.

The bottom line is if you want to wear rainboots, research a bit and look for qualities that will best fit your needs, then go ahead and splash in that puddle to your heart's content!



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Free
Books

Call (512) 328-8900 or visit
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Bursitis Busters

Our body has fluid-filled sacs, called bursas, that are located near joints and act as buffers to protect bones and surrounding tissues from rubbing against each other. Sometimes these sacs become inflamed because we just plain ask too much of them! Overuse and repetitive movements tend to aggravate bursas, and the painful inflammation that ensues is what is referred to as nasty case of bursitis.

The good news is that bursitis often goes away by itself after a period of rest. Ice and anti-inflammatory medication can help in the meantime. Physical therapy exercises will restore range of motion so you can get back to your daily life. However, be sure not to do things exactly the same way! If your job or activities require the same type of movements over and over, look for ways to adjust so you can stay on your bursa's good side! Making sure your shoes fit and warming up properly both go a long way toward saying goodbye to your bursitis blues.

By the way, getting your share of the antioxidants found in vitamin C rich foods can prevent bursas from getting angry and inflamed in the first place! The enzymes in pineapple can reduce inflammation, too!

Fruit salad, anyone?