AUSTIN FOOT AND ANKLE SPECIALISTS

December 2017
News and Updates

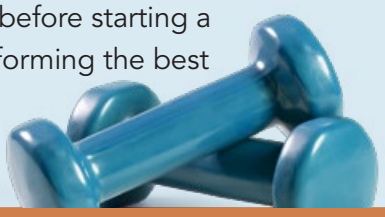
Safety Tips for Elderly Exercise

Exercise is a crucial factor for a healthy body and mind, especially as we grow older. Seniors who engage in physical activity tend to have stronger bones, reduced risk of heart disease, and increased independence.

You shouldn't just hit the gym, though! Go smart instead of hard, and follow these tips to help reap the benefits of exercise while reducing the risks of injury:

- Start slowly if you have not exercised in a while. Start with walking 5-10 minutes for several days each week, then build up to 30 minutes. Same with strength exercise: start small and gradually build.
- Consider low-impact, group activities such as tai chi, yoga, or water aerobics classes. Working with a group can help keep anyone motivated. Even walking or stretching with a friend can do wonders.
- Audiobooks and TV shows can be great for keeping a treadmill walk or strength routine from getting boring. If you're walking outside, take a camera and hit a trail, if you can.
- Listen to your body. You should not be in pain or feel terrible while exercising. Stop and call your doctor right away if you experience pain, chest pressure, or break out into a cold sweat.

Above all, always consult your physician before starting a routine. They can make sure you are performing the best routines that safely suit your individual style and needs.



Meet the Team

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Jamie W.: *Medical Assistant*
Kolbey G.: *Medical Assistant*
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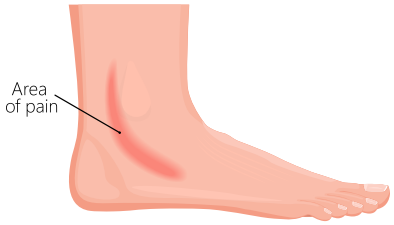
Unwrap Ways to Prevent Peroneal Tendonitis

If you have ever had pain and swelling on the outside of the ankle, then you might know what it's like to be "gifted" with peroneal tendonitis.



This condition is caused by a tendon that stretches behind the lateral malleolus, that bony bit on the outside of your ankle. Tight calf muscles and overuse can cause this tendon to rub against the bone and become inflamed, making it a common injury with runners.

If you want to keep peroneal tendonitis at bay, then the problems of tight muscles and overuse should be a primary concern. Stretch your calf muscles before and after a workout, and gradually build the intensity and endurance of your runs over time (this is sage advice for any type of workout, really). The more ability you give the tendon and surrounding muscles to adjust to the demands you put on them, the less likely you will suffer from injury.

If ankle pain strikes or persists, we can help you find the proper treatment and get you back on track with activity. Return the pain and get yourself something nicer!

Mark Your Calendars

December 3 SKYWARN Recognition Day – Thank volunteer spotters for keeping an eye on the weather!

December 4 National Sock Day – Wear with pride!

December 6 National Microwave Day – Must be one of those leftover holidays.

December 8 National Brownie Day – Do you prefer chocolate or blondie?

December 15 National Ugly Christmas Sweater Day – You know you have one.

December 21 Crossword Puzzle Day – Pull out the newspaper!

December 28 National Card Playing Day – What's your game?

December 31 National Champagne Day – For a certain celebration.

Family Traditions and Inherited Issues

Traditions help tie the identities of family members together. It just doesn't feel right unless grandpa carves the turkey, or Uncle Bill tells his story of how he almost caught that legendary fish (that seems to get bigger and bigger every year). There are some things passed down through families that aren't as heartwarming, though. Foot disorders can be one of them.

If you have a parent with a foot deformity such as bunions or high arches, odds are good that you may inherit the condition as well. It's genetics at work, and geneticists are working to discover the specific genes that influence these deformities.

Just because you might be genetically predisposed to bunions or high arches doesn't mean you can't do anything about it, however. When signs of bunions or arch problems begin to appear, steps can be taken to manage the progression and keep things from getting worse. Bunions can begin even in childhood, so it's wise to keep an early watch and receive a full evaluation if you suspect a problem may be developing.

Just remember: you can't choose your family, but you can choose how to care for your family's feet!

Facts About Frostbite

If you'll be spending time exposed to cold during the winter, it's important to know the signs of frostbite and what to do about it.

- Frostbite is most often found on the nose, ears, chin, cheeks, toes, or fingers.
- Signs of frostbite include numbness and a firm or waxy feeling to the skin. There may also be a white or grayish-yellow discoloration.
- Before numbness sets in, freezing skin will feel redness or pain. That's your cue to get to a warmer area or protect the exposed skin!
- If you have frostbite, get to a warm area as soon as possible. Do not walk on frostbitten toes or feet unless you absolutely must.
- Attempt to warm the affected area in temperature that is warm—NOT hot. Do not attempt to warm the area by rubbing it, as this can cause further damage.
- After initial aid, always seek professional care for frostbite.

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Free Books

Call (512) 328-8900 or visit AustinFootAndAnkle.com

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There's Nothing Festive About Forefoot Fractures

We know the holidays can get hectic. With so many places to go, people to see, and shopping to do, you might not always be fully aware where your feet are heading! Sometimes, unfortunately, they can be heading into trouble, leading to a fracture in your forefoot or one of your toes.

Forefoot fractures can happen from falls, twists, or sudden impacts. The good news is that they tend to heal without needing an operation. The bad news is that you will still have to rest and wait for full healing once the bone is realigned—up to six or eight weeks in many cases.

Pain, swelling, and often bruising are signs of a fracture, especially if it continues for more than two or three days, or interferes with walking. If you believe you have broken a toe or a bone in your forefoot, make an appointment to see us as soon as possible. Until then, stay off the injury and apply ice for no more than 20 minutes at a time to reduce swelling. If you have to wear a shoe, have it be wide and with a stiff sole for protection.

There's no getting around that a forefoot fracture may dampen your festivities, but receiving the right treatment will speed your recovery and help prevent chronic consequences like arthritis down the road!