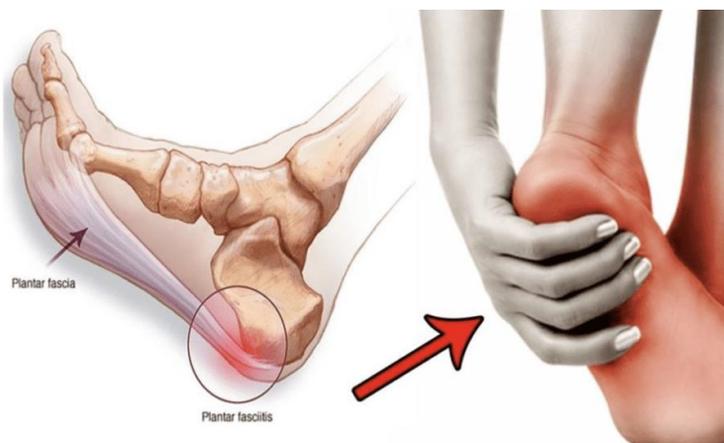


# GRAHAM FAMILY FOOT & ANKLE CARE



## NEWSLETTER

ISSUE NO 2 | APRIL 2022



### Plantar Fasciitis

Plantar fasciitis is the most common cause of heel pain.

Approximately 2

million patients are treated for this condition every year. The plantar fascia is designed to absorb the high stresses and strains we place on our feet. It is a thick band of tissue that runs across the bottom of each foot and connects the heel bone to the toes. Sometimes too much pressure damages or tears the tissues, and the body's natural response to injury is inflammation, which results in the heel pain and stiffness of plantar fasciitis.

Symptoms of plantar fasciitis are commonly reported as a stabbing pain on the bottom of the foot near the heel. The pain usually increases gradually and tends to be the worst first thing in the morning or after other periods of inactivity. The pain may also be more intense in bare feet or in shoes with minimal support.

Causes of plantar fasciitis can be by an increase of activity level, the shape or structure of the foot, the type of shoes worn, the weight you carry, and occupations that keep you on your feet. Less commonly, it may develop due to other medical conditions such as lupus and rheumatoid arthritis.

Treatments for plantar fasciitis include:  
Rest – Decreasing or modifying the activities that make the pain worse.  
Ice – Rolling your foot over a cold water bottle, cold ball messenger, or ice for 20 minutes 3-4 times a day.

### TOPIC 1

#### PLANTAR FASCIITIS

Sign, symptoms, causes, and treatments.

### TOPIC 2

#### SPRING/SUMMER FEET

Top tips to get your feet ready for spring/summer.

### TOPIC 3

#### RECIPE

Morel Mushroom Pasta in Parmesan Cream Sauce

### OFFICE CLOSURE DATES

April 15, 2022

May 30, 2022

July 4, 2022

Stretching & Physical Therapy – Stretching your calves and plantar fascia is a great way to relieve pain. A physical therapist can show you stretching exercises that you can do at home to help strengthen your lower leg muscles, helping stabilize your ankle.

Supportive Shoes & Orthotics – Shoes with sturdy arch support can reduce pain with standing and walking. A good shoe or insert reduces this tension and the microtrauma that occurs with every step. Pre-made or custom orthotics can be very helpful.

Anti-Inflammatory Medications & Steroid Injections – Drugs such as ibuprophen or naproxen can reduce pain and inflammation, or your podiatrist may prescribe a more specific anti-inflammatory medication. If after more conservative treatment has not proven helpful, a steroid injection can be injected in the the plantar fascia to reduce inflammation and pain.

Only after a period of time with aggressive nonsurgical treatment, surgical intervention may be the remaining option. At that time your doctor will discuss the surgical procedure that best meets your needs.

### QUOTE:

“Be sure you put your feet in the right place,  
then stand firm.” – Abraham Lincoln

### INSTRUCTIONS:

1. Place dried morel mushrooms in a bowl & cover with warm water. Drain, reserving the morel mushroom liquid. Quickly rinse the morel mushrooms & slice them in half.
2. Begin to boil pasta.
3. In a large skillet/saucepan over medium heat, melt butter. Add morel mushrooms & cook until they're golden, about 4 min, then add garlic & cook for 30 seconds, stirring often.
4. Pour in the reserved morel mushroom liquid. Cook until it reduces to about ¼ cup.
5. Add the heavy cream, stir to combine & allow to heat to a near simmer. Stir in the Parmesan cheese until it melts. Let it simmer for a few min to thicken, but don't boil.
6. Turn off the heat for the sauce & stir in chives, tarragon, and lemon zest. Toss in pasta, mix. Serve with crusty bread for dipping and enjoy!

## RECIPE

### Morel Mushroom Pasta in Parmesan Cream Sauce

#### INGREDIENTS:

- 1oz dried morel mushrooms
- 2 cups warm water
- 12/16 oz dried Fettuccine
- ½ cup butter
- 4-5 garlic cloves, minced
- 2 cups heavy cream
- 1 cup Parmesan
- 2 tbsp fresh chives, chopped
- 2 tbsp fresh tarragon, chopped
- 1 tsp lemon zest
- Salt & pepper to taste
- Crusty bread for serving, optional





## Top Tips for Spring/Summer Feet

Spring is finally here and we can get rid of our thick, heavy boots and look forward to wearing open-toed shoes again. Could your feet use a bit of help after being in thick winter socks and shoes. A healthy foot is an attractive foot. Here are our top tips to promote spring/summer feet.

1. **Foot Soaks** – Soak your feet in warm water with Epsom salts, herbal oils, etc. for at least 10 minutes daily.
2. **Buildup Removal** – Gently remove and exfoliate dry, flakey, dead, winter skin using a foot file, pumice stone, or an exfoliating scrub around balls of the feet, heels, and sides of the feet.
3. **Hydrate Those Feet** – Hydrate by massaging lotion all over your feet. Massage a liberal amount into your skin. The lotion will nourish the skin, while massaging helps increase circulation. Remove any excess

moisturizer from between the toes and around the toenails as buildup in those areas can cause bacteria to grow.

4. **Trim Your Toenails** – Trim your toenails with a straight-edged toenail clipper. The optimum length is just to the top of each toe. Make sure nails don't become curved or rounded in the corners, if they do they may lead to ingrown toenails.
5. **Wear Shoes** – It might feel good in the spring/summer walking barefoot, but it exposes feet to

to sunburn, injuries, and infections. Wear shoes or flip flops with arch support. Inspect your spring/summer shoes from last year before you wear them, you don't want to run the risk of hurting your feet with worn footwear. Always remember to apply sunscreen to your feet as well, and don't forget to reapply after you've been in the water.

6. **Outdoor Activities & Exercise** – When the weather warms up

we often take our activities outdoors. After the winter, our feet and lower limbs become very susceptible to injury. If you're starting a new workout regime, or generally increasing your outdoor activity establish a solid foundation at the beginning of your activities or training by choosing the appropriate footwear for them.

As always, if you experience any nail, skin, or pain issues with your feet see the podiatrist for a checkup.

## PODIATRY JOKE

What is the foot's favorite type of chips?

Dori-toes!!

## NATIONAL FOOT HOLIDAYS

National Pedicure Day - April 26

National Go Barefoot Day – June 1

National Flip Flop Day – June 19