

GRAHAM FAMILY FOOT & ANKLE CARE



NEWSLETTER

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Back to School

Whether you are a parent, teacher, kid, grandparent, etc. It is important to properly care for your feet.

After wearing flip-flops all summer (the typical footwear choice of the season), some people are entering this time of the year with foot pain and even injuries. While these sandals are inexpensive and stylish, they don't typically cushion or support the foot, leading to problems. Loss of structure can compromise stability and cause the foot to compensate, resulting in foot pain and fatigue. Heel pain and arch pain rank among the most common summer foot complaints from people who wear flip-flops. Foot pain isn't normal and can be reduced or eliminated. People may not realize that even into your mid-teens, there is new bone growth in your heel. Flip-flops don't cushion the heel, so repetitive stress from walking can inflame that heel bone growth area and cause pain and tenderness.

Here are some tips to get feet ready for back to school:

- **Wear good shoes!** See tips on next page for finding good shoes.
- **Stretch your feet and ankles.** Take a few minutes each day to stretch your calf and hamstrings. By stretching these muscles you decrease the pull on your heel. This reduces the tightness to the arch and plantar fascia and reduces the fatigue to your feet.
- **Kick your feet up.** Elevating your feet above the level of your heart during or at the end of the day can help reduce the amount of swelling to your feet.
- **Air it out.** As we begin wearing close-toed shoes and socks it increases the chance for things like toenail fungus and athlete's foot. Allow your feet to breathe fresh air by going without shoes and socks, possibly while you sleep.

TOPIC 1

BACK TO SCHOOL

Back to school feet and shoe tips.

TOPIC 2

CUSTOM ORTHOTICS

Podiatrist prescribed orthotics.

TOPIC 3

RECIPE

Grilled Fish and Vegetable Foil Dinner

OFFICE CLOSURE DATES

Labor Day – Sept 5

STAFF BIRTHDAYS

Dr. Graham – Sept 9

Back to school shoe buying tips:

- Shoe shop at the end of the day when feet are most swollen or at their widest.
- Ensure some wiggle room for the toes. A good rule is to ensure that there is about a thumbs width of room in the front of their longest toe.
- Look for a stiff midsole - this will provide the maximal support as the foot strikes the ground and reduces the propensity of the foot to "pronate" or roll inwards which can cause arch pain and fatigue. A good way to asses this is to bend the shoe and ensure it doesn't bend, and evaluate the thickness of the exterior sole in the middle of the foot.
- Look for a stiff heel counter. This is the back of the shoe and can easily be assessed by squeezing the heel area, if it is soft, it will not provide the stability you want and can allow the foot and heel to roll inwards causing mid foot and heel pain.
- Avoid excessive flexibility of the toe box or front of the shoe. Repeat the bend test in this area, there should be slight flexibility, but not excessive enough to roll up the shoe. The more cushion in this area, the less likely they will experience pain along the padding or ball of the foot and less likely to have stress across the joints of the forefoot.

QUOTE:

"The job of feet is walking, but their hobby is dancing."
- Amit Kalantri

INSTRUCTIONS:

1. Lay 4 foil pieces down, each piece should be about 16 in. long.
2. Wash & cut the ends off the asparagus spears. Lay down 5-6 spears on each piece of foil.
3. Slice yellow squash & zucchini. Lay 3-5 slices of each over the asparagus.
4. Sprinkle with salt, pepper, and garlic powder.
5. Lay tilapia filets over vegetables.
6. Sprinkle lemon juice over top of fish, about ½ tsp. per filet.
7. Sprinkle with salt, pepper, and garlic powder. Then lay 1 or 2 slices of fresh lemon over the top of each fish.
8. Wrap up the foil around the fish & vegetables making a packet.
9. Cook on a grill set to high (about 400-450 degrees) for 4-5 minutes EACH side.
10. Remove from grill and carefully open the packets. Serve immediately.

RECIPE

Grilled Fish and Vegetable Foil Dinner

INGREDIENTS:

- 4 frozen tilapia fillets (thawed)
- 1 bunch asparagus (about 20 spears)
- 2 bell peppers (any color-chopped)
- 1 yellow squash
- 1 zucchini
- 1-2 lemons (cut into slices)
- 2 tsp lemon juice
- Salt & pepper (to taste)
- Garlic powder (to taste)

(makes 4 packets)





Custom Orthotics

A custom orthotic is a prescribed medical device from a foot and ankle surgeon. Unlike store-bought insoles, prescription orthotics are custom made to fit your foot and tailored to address your specific needs and foot issues. Custom means, a doctor uses casts, impressions, or scans to perfectly fit your foot. A doctor-designed orthotic will control the alignment and function of your foot. Custom orthotics will increase effectiveness and decrease pain experienced with various activities. Custom orthotics are different from shoe inserts and arch supports in that they have two functions. Orthotics can be used to accommodate or offload a prominent area. This can be helpful for bursitis, also calluses beneath bony prominences and ulcers.

While shoe inserts can increase comfort, they cannot correct biomechanical foot problems. Only a custom orthotic can do that. Too many people compare prescription orthotics to over-the-counter shoe insoles and arch supports. While custom-made orthotics can also help with arch support, they do so much more than over-the-counter inserts. Custom orthotics are made for you alone to wear. Some inserts

claim to be “custom made,” without a prescription from a podiatrist they are not.

The importance of foot health cannot be undermined. If you experience any of the following conditions, custom foot orthotics may be right for you.

- Conditions that affect the ball of your foot
- Arthritis that affects foot joints

- Plantar fasciitis
- Foot deformities
- Ankle or foot malfunction
- Severe foot and heel pain
- Bunions
- Bursitis
- Diabetes
- High or fallen arches

Other conditions are applicable, your podiatrist will be the expert on that.

PODIATRY JOKE 🤔

What is a podiatrist's favorite event?

Arch-ery!!

NATIONAL FOOT HOLIDAYS

National Toe Day – August 8

National I Love My Feet Day – August 17

WATCH FOR OUR NEXT NEWSLETTER IN OCTOBER/NOVEMBER 2022