



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

September 2015

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Five Locations to Better Serve You!

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Springfield

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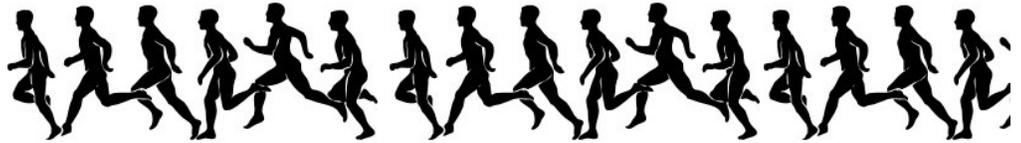


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5 Injuries to Avoid While Running this Fall



- 1. Achilles Tendinitis** – The Achilles tendon connects your two major calf muscles to the back of the heel, and when placed under too much duress, the tendon can tighten and cause irritation. Having tight or weak calves can make you especially vulnerable to this injury. This is not an injury to try and run through, and the best course of action is to apply ice multiple times per day and spend some downtime performing calf-strengthening exercises.
- 2. PLANTAR FASCIITIS** – The repetitive pounding on the foot during running can create small tears of the tendons and ligaments that run from your heel to the toes. The result is a bruising or dull ache on the bottom of your foot that can be especially bad first thing in the morning. Runners will often continue their schedule while battling this nagging injury, but if it becomes chronic taking a complete break from running is advised. Making sure that your running shoes fit properly is one of the first steps to avoid this injury. Also helpful is regular stretching and spending time strengthening your core through planks and back extensions.
- 3. SHIN SPLINTS** – This injury, also referred to as medial tibial stress syndrome, results from small tears that appear in the muscles around your shinbone. This injury is common for new runners or those that have taken an extended break. Shin splints do not require a complete stoppage of your routine, but you may want to lower your intensity while treating the injury with a combination of rest, ice and ibuprofen.
- 4. Stress Fracture** – As opposed to acute fractures, stress fractures develop as a result of cumulative strain on the bones of the lower extremity such as the shin, feet or heels. This injury is among the most serious of athletic injuries, and requires a complete break from running. Avoid any impact exercises during recovery and listen to your body to determine when the time is right to return to action.
- 5. Runner's Knee** – Officially known as patellofemoral pain syndrome, runner's knee is caused by irritation of the cartilage on the underside of the kneecap. This is especially common with distance runners or anyone with biomechanical factors that place additional strain on the knee. Reducing your mileage and taking a few extra days rest is the recommended course of action. To help prevent the injury, consider exercises to strengthen your hips and gluteus muscles.

Question of the Month

By: Belinda M. Chan DPM

Question of the month: Are bone spurs or plantar fasciitis the cause of my heel pain? Plantar fasciitis is the most common cause of pain on the bottom of the heel. Approximately 2 million patients are treated for this condition every year.

Plantar fasciitis occurs when the strong band of tissue that supports the arch of your foot becomes irritated and inflamed.

In most cases, plantar fasciitis develops without a specific, identifiable reason. There are, however, many factors that can make you more prone to the condition:

- Tighter calf muscles that make it difficult to flex your foot and bring your toes up toward your shin
- Obesity
- Very high arch
- Repetitive impact activity (running/sports)
- New or increased activity

Although many people with plantar fasciitis have heel spurs, spurs are not the cause of plantar fasciitis pain. One out of 10 people has heel spurs, but only 1 out of 20 people (5%) with heel spurs has foot pain. Because the spur is not the cause of plantar fasciitis, the pain can be treated without removing the spur.

(Taken from American Academy of Orthopedic Surgeons).

Product of the Month **JM Orthotics**



JM orthotics are an affordable and instant solution to a painful problem. Your feet are constantly changing, so JM offers us an opportunity to be able to change with them. We can remold the orthotics over the years so they are a better fit and offer more support. JM orthotics are easy to add and remove from any shoes, so no matter the occasion you can walk in comfort.

\$5.00 OFF this month

Tell our receptionist about this coupon to receive offer

Bruschetta Stuffed Zucchini Boats

Ingredients

- 2 large zucchini
- 2 tsp olive oil
- 1/8 tsp ground black pepper
- 1/2 cup jarred bruschetta
- 4 tsp grated parmesan cheese



Instructions

1. Trim and discard the zucchini ends. Cut each zucchini in half lengthwise.
2. Using a spoon, scoop out the middle of the zucchini and leave a thin base at the bottom so the "boat" can be stuffed. Place the scooped-out centers into a small bowl; set aside.
3. Bring a medium pot of salted water to a boil. Blanch the zucchini boats just until they begin to soften, about 2-3 minutes. Immediately place the zucchini boats in a bowl of iced water. Drain the zucchini and place it on a baking sheet.
4. Heat the olive oil in a medium skillet over medium heat. Sprinkle the reserved zucchini mixture with black pepper; add to the pan, and sauté about 6-8 minutes. Stir in the bruschetta; lower the heat and simmer for 3 minutes.
5. Spoon the bruschetta mixture evenly into the four zucchini boats. Sprinkle each zucchini boat with 1 tsp parmesan cheese.
6. Heat the broiler. Broil the stuffed zucchini boats until slightly golden, about 2-3 minutes; watch closely to avoid burning.

Cilantro Lime Quinoa

Ingredients

- 1 tablespoon canola oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup quinoa
- 2 cups low-sodium, fat-free chicken broth (gluten-free if needed)
- Juice of 2 limes
- 1/2 cup fresh cilantro, chopped



Instructions

1. Heat the oil in a large skillet over medium heat. Add the onions and cook for 3 to 4 minutes. Add the garlic and cook for 30 seconds. Reduce the heat to low and add quinoa. Cook over a low heat for 1-2 minutes, stirring constantly to make sure the quinoa doesn't burn.
2. Add the chicken broth and the juice of 1 lime and bring it to a boil. Reduce the heat to low, cover and simmer for 15 minutes or until done. Remove from heat.
3. Stir in the juice of 1 lime and chopped cilantro.

Take a Walk for Good Health

There may be no more affordable, convenient and easy exercise in existence than the ordinary daily walk. Not only is it low impact and suitable for all ages and abilities, but there are a number of other health benefits you may not know about. Here are a few of the top reasons why carving out time in the morning or evening with friends, family or loved ones is well worth the effort:



It strengthens your legs and many other body parts adding hills and paying attention to your posture can pay you dividends.



It boosts your vitamin D levels— spending time outside in the daylight can be healthy, but be careful to wear sunglasses to protect your eyes and use sunscreen to avoid burns.



It makes you feel better all day— daily exercise is a natural energizer that boosts circulation, increase oxygen supply and can even help stimulate your brain activity by making you feel more alert.



It can help you keep your weight in check whether you are trying to lose weight or just maintain your health, every step helps burn calories and increases your muscle tone.



It strengthens your heart and lowers disease risk— walking reduces your risk of heart disease and stroke. It can also lower your levels of bad cholesterol while increasing your good cholesterol levels and reduce your risk of developing type 2 diabetes.

If you have any questions, comments or suggestions, please submit them to patientrelations@daytonfeet.com or let your front desk receptionist know. We look forward to hearing from you!



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Community Foot Specialists exists to provide patient centered, high-quality foot and ankle care, delivered by knowledgeable, compassionate podiatrists and a professional, caring staff, in a welcoming environment at convenient locations.

Thank you for all of your referrals, we appreciate them!