



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

Spring 2019



Office/Hours [See Below](#)

In This Issue...

- Focus on Preventing Injuries During April's Youth Sports Safety Month
- Choose Running Shoes Carefully for Performance and to Reduce Your Risk of Injury
- Take Good Care of Your Orthotics and They Will Take Good Care of You
- Recipe of the Month: Chickpea Waldorf Salad

Focus on Preventing Injuries During April's Youth Sports Safety Month



Many young athletes play through games or practices while suffering from an injury. Some are encouraged to do so by coaches or even parents. But is this heroism or just poor judgment?

We do not recommend playing through the pain of a sports-related injury, especially if the player is a teen or child. Putting performance pressure on an injured foot or ankle may cause even more damage that may require a longer recovery period or even end an athletic career.

If the injury is a stress fracture, that may aggravate into a full fracture. Plus, because your body will subconsciously compensate for and protect the injured part, you may injure yourself in another spot.

How to Prevent Youth Sports Injuries

- Make sure that your child's coaches are trained in their sport and that they know first aid and CPR.
- Equip your child appropriately for each sport, especially footwear and cleats.
- Teach your child about the importance of pre-practice warm-ups and stretching, as well as cool-downs and post-activity stretches.
- Reduce the chance of injury by asking the coach for specific exercises that can build up your child's weak areas.
- Keep exposed skin protected with sunscreen to reduce the chance of sunburn and skin damage.
- Keep your child well-hydrated during and after activities with water and appropriate sports drinks.

Learn more about sport-specific safety tips at this American Orthopaedic Society for Sports Medicine [website](#).

Coach Your Child to Report an Injury Right Away

Sit your young athlete down for a serious talk about healthy sports activities. Explain the limitations of their bodies and how important it is to speak up to you or their coach if they become injured, especially in competitions. Be clear that their health must come first rather than scoring a goal or a run, and that it's okay to support the team from the bench until medically cleared to return to the action.

Watch for any complaint of foot pain or injury, or if you notice that your child is walking with an unusual gait. Bring him or her in right away for careful diagnosis and appropriate treatment. Until you are able to get to our office, use the R.I.C.E. method for temporary treatment: **R**est, apply **I**ce, use **C**ompression with an elastic bandage and **E**levate the leg.

Choose Running Shoes Carefully for Performance and to Reduce Your Risk of Injury



Runners must pay special attention to shoe choice. With every pounding step, your feet and legs experience a force up to 3 times your body weight! That is a lot of stress on your feet, and your running shoes must be able to help absorb all that pressure.

Select Your Cushion Level

Choose your cushion level based on the type of running that you will be doing. Shoes with maximum levels of cushioning are right for high mileage running on a daily basis and for marathons and other long races. A lot of cushioning will also help new runners or those with larger frames.

A shoe with a lesser amount of cushion will be lighter and more flexible. These are appropriate for either long or short daily running and racing and are ideal for tempo runs and experts.

The least amount of cushioning is favored by competitive racers and allows them to feel connected to the road. This type of shoe will help strengthen the feet and improve your form.

Select Your Arch Type

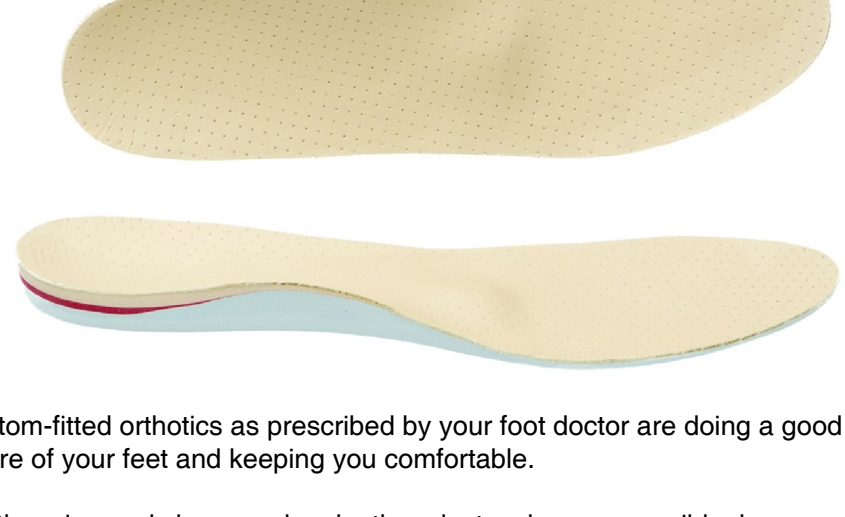
The flexibility and height of your foot's arch are important in terms of the amount of support that you need when running. Generally, the higher and/or less flexible your arches are, the less support you will need.

Shoes for those with higher arches are called **neutral** while those for lower arches are called **stability**.

A neutral shoe will help those with high arches who run on the outsides of the feet. A runner with medium arches whose ankles roll inward with each step (pronation) will need a stability shoe to help stabilize that inward flex. Finally, if you have low arches, your feet are highly flexible and need a stability shoe with maximum support.

Confused? Call for an appointment and we will assess your gait and your foot's arch to determine the best running shoe for you.

Take Good Care of Your Orthotics and They Will Take Good Care of You



Your custom-fitted orthotics as prescribed by your foot doctor are doing a good job of taking care of your feet and keeping you comfortable.

To keep them in good shape and make them last as long as possible, here are our top tips on caring for your orthotics:

- Remove your orthotics from your shoes at the end of each day to let them air out overnight.
- If your vinyl-topped orthotics need cleaning, scrub them gently using a mild soap and water solution. Rinse and place them in a good spot to dry – **not** in a clothes dryer. Leather-topped covers should not be washed.
- Don't use chemical solvents or other agents for cleaning.
- Never use a dishwasher or clothes washing machine to clean orthotics. Wear them only in the footwear that they were designed to be worn in to keep them in the proper form and shape.
- Exposure to sun or heat can damage orthotics. Never leave them in the trunk of your car or on the dash.

Please come visit us if you experience significant weight gain or loss, or an injury, so we can reassess your orthotics.

Recipe of the Month Chickpea Waldorf Salad



This simple chickpea Waldorf salad takes a lighter approach and offers a wonderful balance of sweet and savory with the perfect amount of crunch in every bite!

Ingredients

- 1/2 cup plain full-fat yogurt
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon freshly ground black pepper
- 1 (14-ounce) can chickpeas, drained and rinsed
- 2 ribs celery, finely chopped
- 1 medium apple, chopped into 1/4-inch chunks
- 1 cup red grapes
- 1/2 cup diced red onion
- 1/4 cup chopped parsley
- 1/2 cup walnuts, roughly chopped
- 4 cups fresh spinach

Instructions

Prepare the yogurt dressing by combining the yogurt, apple cider vinegar, mustard, honey, salt, crushed red pepper flakes, and pepper in a bowl. Whisk until well-combined.

Combine chickpeas, celery, apple, grapes, onion, parsley, and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Refrigerate for about 30 minutes before serving, or up to 5 days.

Serve salad over fresh spinach. Serves 4.

Recipe courtesy of Andrea Bemis

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History FootNote

Jennifer Amyx was only 5 years old – the youngest marathon competitor on record – when she finished the Johnstown YMCA Marathon in Pennsylvania in 1975.

Celebrity Foot Focus

Meghan Markle, trendsetting Duchess of Sussex, has fans scrambling for her favorite eco-friendly Veja trainers, currently selling for £115 (about \$152).

Foot Funnies

Sign in a podiatrist office: "Time wounds all heels."

Trivia

Which sport causes the most head injuries?

- A. Football
- B. Cycling
- C. Baseball
- D. Soccer

Answer: B. Cycling

Explanation: Bicycling causes the most head injuries from sports or recreation, causing nearly 85,000 visits to U.S. emergency rooms in 2009. Most sports-related deaths are the result of head injuries.

Experts say that 85% of cycling-related head injuries could be prevented with correct use of helmets.

Meet our Doctors



Dr. Lawrence J. Kales



Dr. Alexis Kreplick

Our Offices and Hours

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Monday: 8:00am - 5:00pm

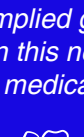
Tuesday: 8:00am - 5:00pm

Wednesday: 8:00am - 5:00pm

Thursday: 8:00am - 5:00pm

Friday: 8:00am - 5:00pm

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