



FOOT SENSE

A monthly newsletter from your podiatrist

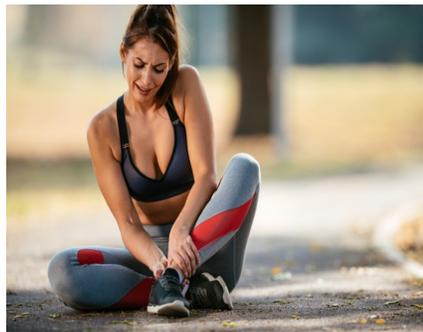


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Why It's Important to Get Early Treatment for Sports Injuries

Last year, President Biden slipped and twisted his ankle while playing with Major, one of his German shepherds. Initially he thought the injury was just a sprain since an X-ray didn't reveal a break. However, a follow-up CT scan found hairline fractures in the lateral and intermediate cuneiform bones in his midfoot. Fortunately, Biden didn't need crutches, but he did need to wear a walking boot for several weeks to ensure his foot healed properly.



What can this incident tell us?

So many of us sprain our ankles and don't think much of it. We put some ice on it or take a few ibuprofen and hope for the best. This is particularly true of my male patients. For many of them, running to the doctor at the first sign of an injury or symptom seems unmanly. Or they just assume their injury will heal on its own.

While this may be true some of the time, often this type of thinking is a mistake. Not treating a injury can lead to foot and ankle problems down the road that may only be resolved with surgery.

Here are some common foot and ankle injuries that will likely get worse if you don't treat them in their early stages. (Page 3)

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Been meaning to leave us a review? Now you can. Just scan the QR code below and leave us a review on Yelp.





**We love
our
pets!**

Tom Kha Gai (Chicken Coconut Soup)

6 cups chicken broth

4 slices fresh, peeled or dried galangal root
(about 1/4-inch thick)

1 slice fresh, peeled ginger (same)

2 cloves garlic, peeled and sliced

1 large or 2 small shallots, peeled and
sliced

7 fresh, dried or frozen kaffir lime leaves

3 stalks lemongrass, cut into 1-inch rods
and slightly crushed*

1 teaspoon Thai red curry paste

1 can (13.5 ounces) coconut milk

3 Tablespoons Thai fish sauce

3/4 pound sliced boneless, skinless chick-
en breast meat

1 can (15 ounces) straw mushrooms,
drained and rinsed

2 Tablespoons lime juice

Salt and red pepper flakes (or Sriracha) to
taste

1/2 cup roughly chopped cilantro

Quartered limes



Put chicken broth, galangal, ginger, garlic, shallots, lime leaves, lemon grass and curry paste in a large soup pot. Stir and heat over medium-high until just boiling, then turn down to simmer.

Simmer for 10 minutes. Add coconut milk and fish sauce, and simmer for 5 minutes. Add sliced chicken, and cook for 5 minutes, or until chicken is fully cooked. When ready to serve, add mushrooms, lime juice, salt (if needed) and red pepper flakes to taste, and bring back to a low simmer (do not boil).

Remove the tougher aromatics prior to serving (galangal, ginger and lemongrass) or instruct those eating it to remove them as they go. Serve with cilantro and extra limes. You may serve over rice or rice noodles.

Source: www.livemom.com/thursdays-dish-tom-kai-gai/

Photo: <https://www.bonappetit.com/recipe/tom-kha-gai-chicken-coconut-soup>

Stress Fractures

Hairline fractures or stress fractures like the type Joe Biden experienced can turn into much larger breaks if not adequately treated. Runners, underweight women, people with osteoporosis, and people with flat feet are all at risk for developing this condition. While this condition is easily treated in the

Plantar Fasciitis

Plantar fasciitis is not typically caused by an acute injury but develops over-time. Runners and other athletes often develop this condition through overuse and ramping up their training too quickly. Waiting to treat this condition or continuing to engage in sports activities will prolong the recover from this painful condition. If you do develop sudden onset of heel pain during exercise and there are signs of bruising, this indicates a tear has occurred. You should seek immediate attention from a podiatrist.



Achilles tendonitis

Like plantar fasciitis, Achilles tendonitis also develops overtime. When this condition is inadequately treated it can lead to Achilles tendonosis, a progressive and degenerative condition. The tendon becomes weaker and prone to re-injury and rupture. Treatment will require immobilization of the foot and ankle and treatment with regenerative medicine.

Ankle sprains

Ankle sprains that go untreated or do not adequately heal can turn into a condition called Chronic Ankle Instability. While the first line of treatment is physical therapy, if the instability is not resolved, newer advances in surgery now require much less recovery time.

Preventing Foot and Ankle Injuries

The best thing to do is to prevent foot and ankle injuries from occurring in the first place. Because so many of the conditions described above are more prevalent in athletes, the recommendations I'm giving will focus on those involved in sports.

Wear Appropriate Footgear

It's important to wear footgear designed for the sport you engage in. Athletic shoes are designed to help prevent injuries based on the type of moves the athlete makes while engaged in their particular sport. For example, basketball players regularly jump and twist during play. Basketball shoes rise up around the ankle to help prevent ankle sprains which occur when that much twisting force is placed on the body.

Build Up Training Time Gradually

Oftentimes when we start a new sport or engage in a sport after a long period of time, we want to ramp up as quickly as possible. While keeping up with friends and colleagues seems like a good idea, participating at a new or old sport at the same level is a recipe for injury. Our bodies take time to accommodate changes, including increases in sports activity. Start off slowly and build up by 10% each week.

Stretch and Condition Sufficiently

Stretching is also key to preventing injuries. Stretching your calf muscles enough to prevent these conditions from occurring will often require more than just a static wall stretch. If you know you have tight calf muscles, consider using an Achilles splint to stretch them during the daytime. It's also important to keep the rest of your body in condition so that less stress



Should I Be Double-Masking?

We'd all like to see the day when we can once again see people smile. But the reality is with the newer strains of faster-spreading Covid-19, the experts are recommending that we wear not one mask, but two. And even if you've had the vaccine you should still wear a mask to protect others. We don't yet know if those who've had the vaccine can transmit the virus.

Although two isn't always better than one, in this case it is. Linsey Marr, an expert in virus transmission says that adding an additional mask adds another obstacle course for the virus to try and get through. She recommends using a disposable, non-woven mask underneath a tightly fitted cloth mask. If you do that you should be blocking 90 percent of virus particles.

Masks to avoid include:

- Masks that do not fit properly (too loose or with large gaps)
- Masks made of loosely woven fabric (instead find a mask that has the consistency of a kitchen hand towel you would use for drying dishes)
- Single layer masks
- Masks with exhalation valves or vents



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