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New Year's Resolution



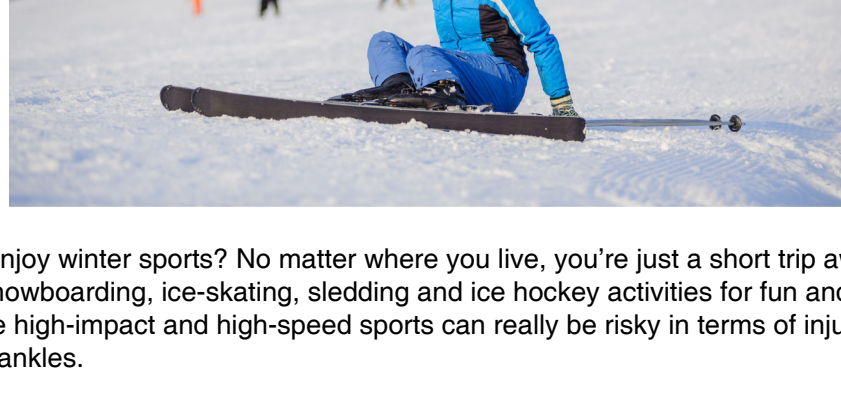
Gyms become increasing busy in January as many people make a New Year's Resolution to get fit. Here are some tips to avoid overuse and injury:

1. Do some gentle stretches before beginning your activity – but always warm up before stretching with some easy jogging in place.
2. Don't work through any pain, as discomfort is your body's signal that something is wrong or that you are overdoing it.
3. Follow the 10% rule. Increase your activity level, such as running distance or duration, gradually by only 10% per week as you work toward your goals.
4. Mix up your routine. Alternate hard training days with easier ones.
5. Choose the right footwear for each activity. Shoes for tennis accommodate a lot of both forward and lateral motion. Basketball shoes support the ankle and have flat bottoms for stable landings.

Running shoes have ample cushioning to absorb stress and are lightweight and flexible.

By slowly increasing your activity level, your body will have time to adapt and strengthen to keep you in the game!

Do All You Can to Prevent Winter Sports Injuries



Do you enjoy winter sports? No matter where you live, you're just a short trip away from skiing, snowboarding, ice-skating, sledding and ice hockey activities for fun and fresh air. But these high-impact and high-speed sports can really be risky in terms of injuries to the feet and ankles.

Winter sports injuries are very common, with an average of 246,000 people treated at emergency rooms, hospitals and doctors' offices every year for injuries related to winter sports (U.S. CPSC). More than half of the injuries result from snow skiing and snowboarding.

Typical winter sports injuries include sprains, strains, dislocations and fractures. Often these occur at the end of an action-packed day when we overexert ourselves to get in that last run. The most common skiing and snowboarding injuries are ankle sprains and fractures. In fact, a fracture of the Talus bone, located above the heel bone on the outside of the ankle, is so common that it is known as "snowboarder's ankle."

How to Prevent Winter Sports Injuries

First, and importantly, make sure that you are ready to hit the slopes or ice. If you are not a regular exerciser, or if you are a "weekend warrior," begin winter sports gradually and cautiously. Do lots of stretching and try foot, ankle and knee strengthening exercises to prepare for what can be strenuous activities.

Other ways to avoid winter sports injuries include:

- Take some lessons to learn the correct technique. Your instructor will also demonstrate how to fall properly which can help to prevent injury.
- Do a quick warm-up – jogging in place is a good idea – and stretch to minimize stress and strain on muscles and ligaments. Colder muscles are tighter and need more time to get ready to work out.
- Wear the right protective equipment. Invest in well-fitting, high-quality skates, boots and shoes – this is not the time to save money by purchasing used equipment. Use a helmet that is specifically designed for your activity.
- Check your gear before each outing. Make sure laces and buckles are sturdy and unbroken.
- Take a partner with you. Even a minor injury can become life-threatening in frigid temperatures.
- Know your limits and stop when you begin to tire or are cold.

Please come to see us right away if you have injured your foot or ankle. Quick and professional treatment is essential for long-term healing.

How Your Weight Affects Your Foot Health



If you have made a New Year's resolution to lose weight, you are not alone! Losing weight is one of the most popular resolutions, along with exercising more and saving money. Taking off a few pounds is a great idea for your overall health. But did you know that your foot health is directly related to your weight?

Foot and Ankle Problems Caused by Excess Weight

When you are overweight, you run the risk of pain and chronic problems with your feet and ankles. After all, your feet and ankles bear the load of your body weight all day and every day. Weight gain can contribute to knee, hip and back problems and increases the chance of osteoarthritis, neuropathy, tendonitis and gout.

Being overweight can also affect your posture and may even change your gait. This can negatively affect the feet and ankle tendons and the arches.

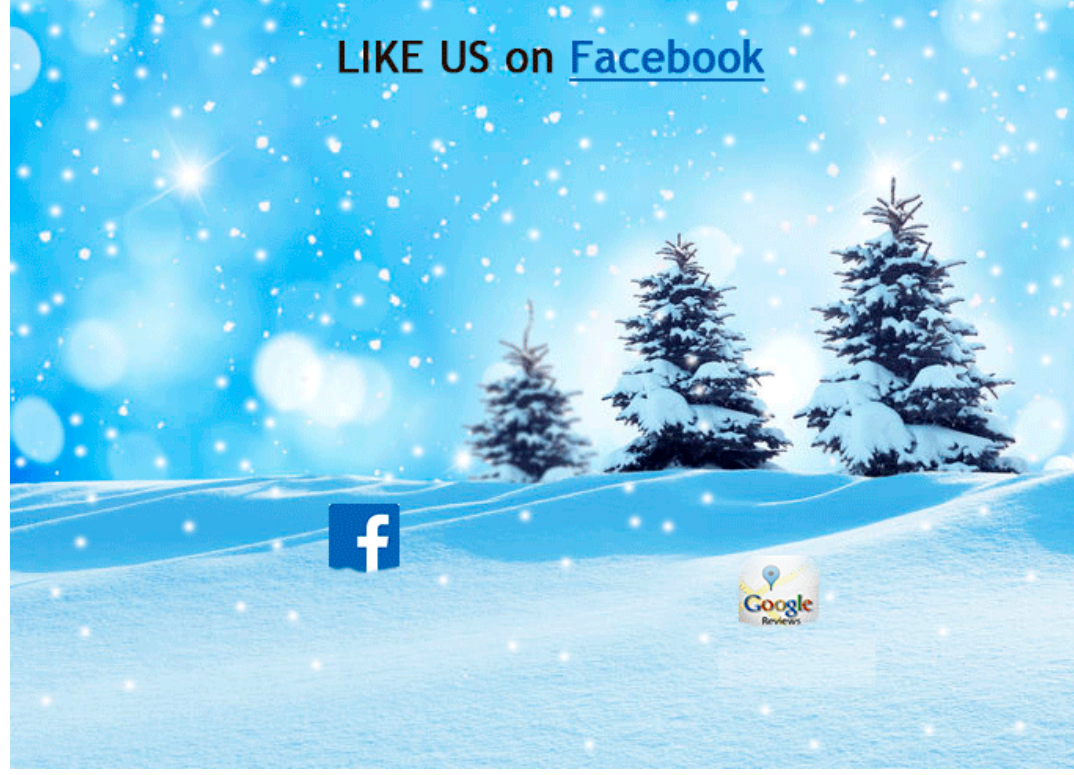
Extra weight can make walking and even standing uncomfortable and will stretch and wear down the natural fat pads and connective tissue in your feet. Foot and ankle problems can include:

- Heel pain and plantar fasciitis
- Pain in the ball of the foot
- Stress fractures
- Swelling or edema
- Bunions
- Pressure ulcers
- Ankle problems such as increased risk of sprains, tendonitis and weakened ligaments and tendons

Is There Anything That Can Help?

Custom-fitted orthotics may relieve some foot and ankle symptoms by providing stability and cushioning. Exercises to stretch and strengthen your feet can help too.

What is the best solution? Losing weight can greatly reduce the strain on your feet and ankles. Even a small weight loss can ease the stress, but it's not that easy. Talk to your doctor and a nutritionist about the best weight-loss program that will fit your health and your lifestyle. A physical therapist or professional trainer can help too by designing an exercise program just for you.



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History FootNote

The first recorded successful blood transfusion occurred in England in 1665 when a physician kept dogs alive with transfusions of blood from other dogs.

Celebrity Foot Focus

Jamie Lee Curtis, LL Cool J, Peyton Manning and Wynonna Judd are just a few of the celebrities who regularly donate blood.

Foot Funnies



What do you call a dinosaur with smelly feet? Ex-stinked

Trivia

What part of your body is more likely to get frostbite?

- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

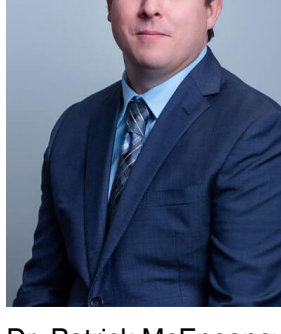
Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts or your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

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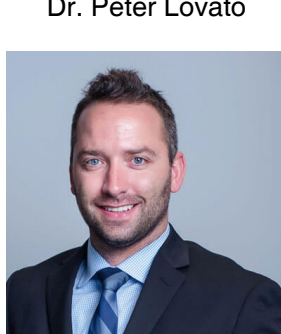
Meet Our Doctors



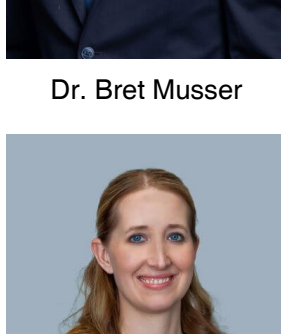
Dr. Patrick McEaney



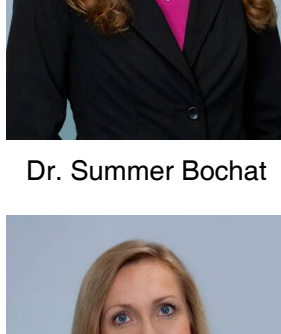
Dr. Peter Lovato



Dr. Bret Musser



Dr. Summer Bochat



Dr. Sarah E. Dickey

Office Location and Hours:

Northern Illinois Foot & Ankle Specialists

113 W. Main Street,
Cary, IL 60013

Mon : 8:00am - 6:00pm
Tues : 7:00am - 7:00pm
Wed : 8:00am - 4:00pm
Thurs : 8:00am - 6:00pm
Fri : 8:00am - 4:00pm
Sat : 8:30am-12:00pm

Lake in the Hills:
165 N. Lakewood Rd, Ste A,
Lake in the Hills, IL 60156

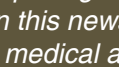
Mon : 8:00am - 6:00pm
Tues : 9:30am - 3:30pm
Wed : 10:00am - 7:00pm
Thurs : 7:00am - 2:00pm
Fri : 8:00am - 4:00pm

Fox Lake:
1286 S US Highway 12,
Fox Lake, IL 60020

Mon : 9:00am - 5:00pm
Wed : 8:00am - 4:00pm
Thurs : 2:00pm - 5:00pm
Fri : 9:00am - 4:00pm
(1 Sat/month)

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