

# Let's Tackle Turf Toe

September 2023 Newsletter

As the fall season approaches, athletes and enthusiasts gear up for exciting field sports like football and soccer. However, amidst the thrill and competition, it's essential to be aware of potential injuries that may occur on the field. One such injury that often affects players is "turf toe."

## Understanding Turf Toe

Turf toe refers to a sprain of the ligaments around the base of the big toe joint. It usually occurs when the toe is hyperextended, often from sudden stops or changes in direction during sports activities. Athletes who play on artificial turf surfaces, which are prevalent in football and soccer, are particularly susceptible to this injury due to the firm and unforgiving nature of the turf.

## Turf Toe in Fall Sports

Football and soccer are high-intensity sports that involve rapid movements, sudden stops, and quick changes in direction. These actions put significant stress on the toes, especially the big toe, making players vulnerable to turf toe. In both sports, players often wear cleats with minimal cushioning, which can increase the impact on the toes during play.

Preventing and managing turf toe requires a combination of awareness, proper equipment, and care:

## Prevention and Management, Continued

**Footwear Selection:** Invest in well-fitting and supportive athletic shoes or cleats that offer adequate cushioning for the toes. Shoes with a slightly stiffer sole can help stabilize the toes during sudden movements.

**Proper Warm-up:** Always start your practice or game with a thorough warm-up session. Focus on dynamic stretches that engage the lower body muscles and prepare the toes for the physical demands of the sport.

**Strengthening Exercises:** Incorporate exercises that strengthen the muscles around the toes and ankles. This can help stabilize the joint and reduce the risk of hyperextension injuries.

**Taping and Bracing:** Consider using toe taping or specialized braces to support the toe joint during play. Our experts can guide you on proper taping techniques.

**Field Awareness:** Be mindful of the playing surface and the potential for sudden stops or uneven terrain. Adjust your movements to reduce the risk of hyperextension.

**Listen to Your Body:** If you experience pain or discomfort in your toes or feet, it's crucial to listen to your body and take a break. Ignoring minor discomfort can lead to more severe injuries.

## Recovery and Rehabilitation

If you suspect you have turf toe, it's essential to seek medical attention promptly. The initial treatment typically involves rest, ice, compression, and elevation (R.I.C.E.). In some cases, a healthcare professional may recommend immobilizing the toe to allow for proper healing.

Rehabilitation is crucial for a safe return to sports. Physical therapy can help restore the toe joint's strength, flexibility, and stability. Gradually easing back into sports activities with our guidance can help prevent re-injury.

## Let Us Help

As fall field sports bring excitement and competition, it's vital to be proactive in preventing turf toe and other potential injuries. If an injury occurs, our offices can help you recover promptly and return safely to the game. Contact us right away.

**9/2 - International Bacon Day** - International Bacon Day is celebrated on the Saturday before Labor Day. It's slowly becoming one of the most popular unofficial holidays in the United States.

**9/4 - Labor Day** - Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.

**9/9 - Teddy Bear Day** - U.S. Teddy Bear Day is celebrated on September 9 annually, a day set aside for everyone to bring out all their teddy bears to thank them for their companionship.

**9/11- September 11th Attacks** - A day to remember the worst attack on U.S. soil and those who lost their lives.

**9/12 - National Video Game Day** - It does not matter whether you are a video game fanatic or you are someone who barely plays video games, National Video Games Day provides you with the opportunity to embrace this form of fun.

**9/23 - Autumn Equinox/First day of fall** - The autumnal equinox occurs in September each year, and in the northern hemisphere the date marks the end of summer and the beginning of autumn.

## September Holidays and Important Dates

## Fall Word Search

Acorn  
Apple  
Autumn  
Bonfire  
Cider  
Cornucopia  
Harvest  
Harvest  
Haystack  
Leaves  
Maple  
Pumpkin  
Rustic  
Scarecrow  
September  
Sweater

H	C	F	M	I	E	O	U	S	B	J	V	X	R	D
F	C	I	Z	A	B	R	W	N	R	O	C	A	E	H
O	Q	Y	D	S	S	E	I	W	Q	I	I	C	B	E
V	Z	M	A	E	A	C	O	F	W	P	Q	O	M	O
V	D	A	V	T	R	R	I	P	N	V	R	R	E	A
D	B	A	E	A	C	K	B	T	B	O	M	N	T	A
M	E	R	X	E	Y	C	H	O	S	A	B	U	P	S
L	H	U	R	N	J	A	B	D	P	U	Q	C	E	Z
K	H	A	L	W	Q	T	U	L	M	S	R	O	S	M
A	C	A	T	Q	B	S	E	C	T	M	O	P	U	Z
S	I	K	R	X	L	Y	B	A	G	C	N	I	E	J
C	O	L	X	V	E	A	T	P	P	D	Z	A	L	G
D	H	U	Q	F	E	H	A	P	N	M	U	T	U	A
Z	H	A	R	V	E	S	T	L	O	K	Z	H	B	L
P	U	M	P	K	I	N	T	E	U	N	Z	N	H	D



# Creamy Pumpkin Soup

## Ingredients

- 2 cups pumpkin puree (canned or homemade)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable or chicken broth
- 1 cup heavy cream or coconut milk (for a dairy-free version)
- 2 tablespoons butter or olive oil
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Salt and pepper to taste
- Optional toppings: roasted pumpkin seeds, a drizzle of cream, chopped chives

## Directions

- In a large pot, melt the butter or heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 3-4 minutes.
- Add the minced garlic, ground cinnamon, and ground nutmeg. Sauté for another 1-2 minutes until fragrant.
- Pour in the pumpkin puree and vegetable or chicken broth. Stir well to combine. Bring the mixture to a gentle simmer.
- Let the soup simmer for 15-20 minutes, allowing the flavors to meld together. Stir occasionally to prevent sticking.
- Using an immersion blender or a regular blender, carefully blend the soup until smooth. If using a regular blender, work in batches and allow the soup to cool slightly before blending.
- Return the blended soup to the pot if using a regular blender. Stir in the heavy cream or coconut milk, depending on your preference. Simmer for an additional 5-10 minutes to heat the soup through.
- Season the soup with salt and pepper to taste. Adjust the seasonings according to your preference.
- Serve the pumpkin soup hot. Ladle it into bowls and garnish with roasted pumpkin seeds, a drizzle of cream, or chopped chives.
- Enjoy your delicious and creamy pumpkin soup, perfect for a cozy autumn meal!