

Midwest PodiatryTM Centers

Patient Newsletter
April 2024

Are Your Feet Ready For Spring?

Welcome to April, the month dedicated to raising awareness about the importance of foot health! With nearly 20% of Americans experiencing issues with at least one foot each year, it's vital to understand common problems and how to care for our feet properly.

Common Foot and Ankle Problems

Heel Pain/Plantar Fasciitis: This condition involves inflammation of the tissue that connects the heel bone to the toes. It's a common cause of heel pain, especially in runners and individuals who are on their feet for extended periods. Contributing factors may include overuse, improper footwear, and biomechanical issues.

Fungal Nails: Fungal infections of the toenails can lead to discoloration, thickening, and crumbling of the nails. It's essential to address fungal nails promptly to prevent further complications, such as secondary bacterial infections or spreading to other nails.

Ingrown Nails: When the edge of a toenail grows into the surrounding skin, it can cause pain, redness, and swelling. This condition is often exacerbated by improper trimming techniques or wearing tight-fitting shoes. Practicing proper nail care and wearing shoes with adequate toe room can help prevent ingrown nails.

Ankle Sprains: Ankle sprains occur when the ligaments that support the ankle stretch or tear, often due to sudden twisting motions. While mild sprains may heal with rest and conservative measures, severe sprains may require medical intervention and rehabilitation to prevent chronic instability and recurrent injuries.

Effective Treatments

RICE Method: Rest, Ice, Compression, and Elevation (RICE) is a common approach to managing acute foot and ankle injuries. This protocol helps reduce pain, swelling, and inflammation, promoting faster healing and recovery. It's essential to initiate RICE as soon as possible following an injury for optimal effectiveness.

Laser Therapy: Laser therapy is a non-invasive treatment option that uses low-level laser light to stimulate tissue repair, and reduce pain, and inflammation. It's particularly beneficial for conditions like plantar fasciitis and fungal nails, offering a safe and effective alternative or adjunct to conventional therapies.

Custom Orthotics: Custom orthotic inserts are designed to provide support, cushioning, and realignment for the feet. They are tailored to the individual's unique foot structure and biomechanics, addressing specific issues such as arch collapse, excessive pronation, or high-pressure areas. Custom orthotics can help alleviate pain, improve biomechanical alignment, and prevent injuries, especially for individuals with underlying foot deformities or conditions.

Take Charge of Your Foot Health

This April, let's prioritize our foot health by paying attention to any discomfort, adopting proper footwear and hygiene practices, and seeking professional care when needed. Regular foot inspections, including self-examinations of the skin and nails, can help detect early signs of problems and prevent complications down the road. Remember, healthy feet are essential for maintaining an active and fulfilling lifestyle!

Take Care of Your Feet this April

Walking Challenge - Participate in a walking challenge to improve foot strength and circulation. Set a goal to walk a certain number of steps each day or week, gradually increasing your distance to boost foot health.

Foot Stretches and Exercises - Dedicate daily time to performing foot stretches and exercises to promote flexibility and strength. Simple exercises like toe curls, ankle rotations, and calf raises can help prevent foot problems and improve overall foot health.

Foot Spa Day - Treat yourself to a foot spa day at home or visit a spa for a professional treatment. Soaking your feet in warm water with Epsom salts, followed by gentle massage and moisturizing, can relieve tension, reduce inflammation, and promote relaxation.

Footwear Evaluation - Take some time to evaluate your footwear choices and make necessary adjustments for better foot health. Ensure your shoes provide adequate support, cushioning, and proper fit to prevent foot pain, injuries, and conditions like plantar fasciitis.

Recipe of the Month

Chicken, Kale & Mushroom Pot Pie



Ingredients

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 3 thyme sprigs, leaves picked
- 2 garlic cloves, crushed
- 350g chicken breasts, cut into small chunks
- 250g chestnut mushrooms, sliced
- 300ml chicken stock
- 100g crème fraîche
- 1 tbsp wholegrain mustard
- 100g kale
- 2 tsp cornflour, mixed with 1 tbsp cold water
- 375g pack puff pastry, rolled into a circle slightly bigger than your dish
- 1 egg yolk, to glaze

Cooking Instructions

- **STEP 1:** Heat ½ tbsp oil over gentle heat in a flameproof casserole dish.
- Add the onion and cook for 5 mins until softening.
- Scatter over the thyme and garlic, and stir for 1 min.
- Turn up the heat and add the chicken, frying until golden but not fully cooked.
- Add the mushrooms and the remaining oil.
- Heat oven to 200C/180 fan/gas 6.
- **STEP 2:** Add the stock, crème fraîche, mustard, and kale, and season well.
- Add the cornflour mixture and stir until thickened a little.
- **STEP 3:** Remove from the heat and cover with the puff pastry lid, pressing into the sides of the casserole dish.
- Slice a cross in the center and glaze with the egg.
- Bake for 30 minutes until the pastry is puffed up and golden.

Serve and enjoy!

April Word Search!

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BLOSSOMS
SHOWERS
EASTER
RENEWAL

SPRING
GROWTH
SUNSHINE
AWAKENING

PASTELS
EARTH DAY
APRIL FOOLS
SUNSHINE