

Midwest PodiatryTM Centers

Patient Newsletter
September 2025

Back-to-School, Back-in-Play: Keep Young Athletes Injury-Free

With the school year underway, many kids are jumping right back into sports, practices, and games. While the excitement and team spirit are high, the sudden increase in physical activity can put young feet and ankles at risk. Sports injuries in children are especially common at the start of the season when conditioning levels may be lower, flexibility may be reduced after the summer break, and muscles and tendons haven't fully adapted to the demands of the sport. Taking preventative steps now can help avoid pain, injuries, and frustrating time spent on the sidelines.

Common Foot & Ankle Concerns in Young Athletes

Children often push through discomfort without speaking up, and minor aches can turn into bigger problems if left untreated. Here are some of the most common sports-related foot and ankle issues to watch for:

- **Heel Pain (Sever's Disease):** This common overuse injury in growing children is often triggered by repetitive running and jumping, particularly on hard surfaces.
- **Ankle Sprains:** Quick pivots, sudden stops, and directional changes can cause sprains—especially if footwear is worn out or not suited to the sport.
- **Turf Toe:** A painful sprain of the big toe joint, often seen in football, soccer, and other field sports, that can limit movement and hinder performance.
- **Overuse Injuries:** Stress fractures, tendonitis, and shin splints can develop gradually when children push through pain, skip rest days, or train on improper surfaces.



Prevention Starts with the Right Gear

One of the simplest and most effective ways to protect against injuries is choosing the proper footwear for your child's sport. The right shoes support growing feet, absorb impact, and provide stability for quick movements. Look for:

- A snug yet comfortable fit, with adequate toe room
- Strong arch support for stability and balance
- Sport-specific designs (soccer cleats, basketball shoes, running trainers, etc.)
- Breathable materials to keep feet cool, dry, and blister-free
- Timely replacement of worn-out shoes before the next sports season

Strong Feet, Strong Performance

Healthy feet aren't just about avoiding injuries—they're the foundation for speed, agility, and confidence on the field or court. Before the season is in full swing, take time to check your child's feet and shoes. Watch for signs like limping, unusual walking patterns, reluctance to participate, or swelling and redness. These could be early warning signs that something's wrong and should be addressed promptly.

Don't Wait: Schedule a Sports Foot Check-Up

Starting the season with a foot and ankle evaluation is a proactive way to keep young athletes healthy. Our team can assess your child's foot structure, check for potential problem areas, recommend the best footwear for their sport, and provide a plan to keep them active all season long.

Book their sports foot check today—help them start the season strong, stay in the game, and enjoy every step along the way.



Don't Delay: Schedule a Pediatric Foot Check-Up

Start the school year on the right foot—literally. A quick podiatry visit can address growth-related concerns, ensure proper foot development, and recommend the best footwear options. We're here to help your child stay active, focused, and pain-free all school year long.

Recipe of the Month

Bobby Flay's Hot Wings with Blue Cheese-Yogurt Sauce

Ingredients for the Sauce

- 1 cup Greek yogurt
- 1/4 cup crumbled blue cheese (Bobby likes cabrales)
- 2 tablespoons finely grated red onion
- 2 tablespoons finely chopped fresh cilantro
- Kosher salt and freshly ground pepper



Cooking Instructions

Step 1 – Make the Sauce: Mix yogurt, blue cheese, red onion, cilantro, salt, and pepper in a bowl. Refrigerate for at least 30 minutes to let the flavors blend.

Step 2 – Fry the Wings: Heat 2 inches of peanut oil in a deep pan to 375°F. In a shallow bowl, combine flour, salt, pepper, 1 tablespoon ancho chili powder, and garlic powder. Season wings with salt and pepper, coat in the flour mixture, and shake off excess. Fry in batches for 8–10 minutes until golden and cooked through. Drain on paper towels.

Step 3 – Make the Wing Sauce: In a large pan, simmer vinegar, chipotle puree, the remaining ancho chili powder, and New Mexico chili powder. Remove from heat and whisk in mustard, salt, honey, and butter until smooth.

Step 4 – Coat & Serve: Toss wings in the sauce, garnish with cilantro if desired, and serve with jicama sticks and the chilled blue cheese sauce.

Ingredients for the Wings

- Peanut oil, for frying
- 1 1/2 cups all-purpose flour
- Kosher salt and freshly ground pepper
- 3 tablespoons ancho chili powder
- 1 1/2 teaspoons garlic powder
- 3 pounds chicken wings, split at the joint, tips removed
- 1/2 cup red wine vinegar
- 1 to 2 tablespoons pureed chipotle chiles in adobo sauce
- 1 tablespoon New Mexico chili powder
- 1 tablespoon dijon mustard
- 1 to 2 tablespoons honey
- 1 stick unsalted butter, quartered
- Chopped fresh cilantro, for garnish (optional)
- Jicama sticks, for serving

Can You Spot All 5 Differences?



September 2025 Holidays and Important Dates

- **9/1 – Labor Day:** Honors American workers and their contributions to the nation's strength and prosperity. Often celebrated with parades, barbecues, and a long weekend.
- **9/5 – National Cheese Pizza Day:** A fun food holiday dedicated to enjoying the classic comfort of cheese pizza in all its delicious forms.
- **9/13 – National Peanut Day:** Celebrates the humble peanut and its nutritional, cultural, and economic significance.
- **9/16 – National Guacamole Day:** A tasty celebration of guacamole, perfect for enjoying with chips, tacos, or any favorite dish.
- **9/22 – First Day of Autumn:** Marks the Autumnal Equinox, signaling the change of seasons with shorter days and cooler temperatures.
- **9/29 – National Coffee Day:** Celebrates the beauty of beaches and encourages environmental conservation efforts to keep them clean and safe.