

# Midwest Podiatry<sup>TM</sup> Centers

Patient Newsletter  
March 2026

## Get Ready to Move This Spring with Midwest Podiatry Centers

Spring is the perfect time to get back outside and enjoy activities like running, hiking, long walks, and gardening. After a slower winter season, your feet and ankles may not be conditioned for sudden increases in movement. Jumping back in too quickly can lead to common issues such as heel pain, plantar fasciitis, tendonitis, ankle sprains, and stress injuries. Preparing now can help you stay active, comfortable, and injury-free all season long.

## How to Prevent Foot and Ankle Injuries

One of the most important steps in preventing injury is gradually increasing your activity level. Start with shorter sessions and build up over time so your muscles, tendons, and joints can adapt. Incorporating daily stretching for your calves, arches, and ankles can also improve flexibility and reduce strain.



Wearing proper footwear is equally important. Shoes that are worn out lose their cushioning and support, placing extra stress on your feet and lower body. Replacing old athletic shoes and choosing activity-specific footwear can significantly lower your risk of pain and injury.

Even gardening can take a toll on your feet due to prolonged standing, bending, and uneven surfaces. Supportive shoes with good arch support and cushioning can help protect your feet during these tasks.

## Choosing the Right Shoes for Spring

Different activities require different types of support. Running shoes should offer shock absorption and proper arch support. Hiking shoes or boots should provide traction and stability on uneven terrain.

For everyday outdoor activities or yard work, supportive walking or athletic shoes are ideal. Avoid flat sandals or unsupportive footwear that can increase strain.

Custom orthotics can further enhance comfort by improving alignment and reducing pressure on problem areas.



## When to See a Podiatrist vs. Your Primary Care Provider

See a podiatrist for foot pain, numbness, wounds, nail changes, infections, or ongoing swelling. We specialize in identifying foot-related signs of circulation and nerve issues. See your primary care provider if symptoms extend beyond your feet, such as chest pain, shortness of breath, dizziness, or widespread swelling.

Often, podiatrists and primary care providers work together to ensure your overall health is fully addressed.



## Midwest Podiatry Centers Is Here to Help

If you are experiencing heel pain, arch discomfort, or ankle instability, early treatment can prevent more serious conditions from developing.

The team at Midwest Podiatry Centers provides personalized, comprehensive foot and ankle care to help you stay active and pain-free. Schedule your appointment today and step confidently into a healthy spring season.



# Recipe of the Month

## Spring Vegetable Fettuccine Alfredo



### Ingredients

- 1 pound linguini
- 4 tablespoons butter
- 4 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 shallots, finely diced
- 2 cloves garlic, minced
- Pinch red pepper flakes, optional
- 1 pound shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper
- 1/2 cup dry white wine
- Juice of 1 lemon
- 1/4 cup finely chopped parsley leaves

### Cooking Instructions

- For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done. Drain the pasta.
- Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Saute the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes.
- Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes.
- Remove the shrimp from the pan; set aside and keep warm. Add wine and lemon juice and bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil.
- When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.

*Serve and Enjoy!*

# Can You Spot All 5 Differences?



## March 2026 Holidays and Important Dates

- **3/8 – Daylight Saving Time Begins:** Clocks move forward one hour, marking longer daylight hours and encouraging more outdoor activity and exercise.
- **3/8 – International Women's Day:** Celebrates the social, economic, cultural, and political achievements of women around the world.
- **3/17 – St. Patrick's Day:** A cultural and religious celebration honoring Irish heritage, often associated with wearing green and festive gatherings.
- **3/20 – First Day of Spring:** Marks the spring equinox and the official start of the spring season, symbolizing renewal, warmer weather, and increased outdoor activity.
- **3/25 – International Day of Happiness:** Promotes happiness, well-being, and the importance of mental health and positive lifestyle habits.
- **3/30 – National Doctors' Day:** Honors physicians for their dedication, compassion, and contributions to improving patient health and quality of life.