

Midwest PodiatryTM Centers

Patient Newsletter
April 2026

Heel Pain & Plantar Fasciitis Awareness This Spring

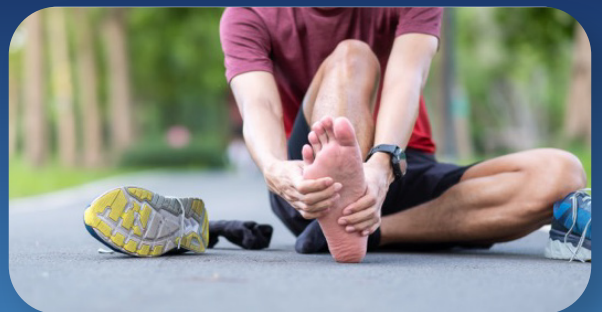
As spring arrives and activity levels increase, many people begin to notice a familiar discomfort—heel pain. This time of year often brings a rise in cases of Plantar Fasciitis, a common condition that can worsen if left untreated. Recognizing the early signs can make all the difference in staying active and pain-free.

Early Signs to Watch For

Plantar fasciitis doesn't usually appear overnight. Instead, it develops gradually.

Be on the lookout for:

- Mild heel discomfort after long periods of standing
- Tightness along the bottom of the foot
- Pain that increases after activity, not during
- Tenderness near the heel



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.

Choosing Supportive Spring Footwear

As the weather warms up, many people switch to lighter shoes like sandals or flip-flops. Unfortunately, many of these options provide little arch support, which can increase strain on the plantar fascia.

If you're experiencing heel pain, look for footwear with proper arch support, cushioning in the heel, and a stable sole. Supportive shoes can help reduce stress on the foot and play an important role in preventing plantar fasciitis from worsening.



Simple Stretching Exercises that Help

Incorporating daily stretching can significantly reduce discomfort and prevent progression:

- **Calf Stretch:** Helps reduce tension in the Achilles tendon
- **Plantar Fascia Stretch:** Gently pull your toes upward to stretch the arch
- **Towel Stretch:** Use a towel to stretch your foot before getting out of bed

Consistency is key. Just a few minutes each day can improve flexibility and relieve strain.



When to Seek Treatment

Heel pain shouldn't be ignored, especially if it:

- Persists for more than a few weeks
- Interferes with daily activities
- Becomes more intense over time

Early treatment can prevent chronic pain and reduce the need for more advanced interventions. Don't let heel pain slow you down this season. If you're noticing early symptoms, now is the time to take action.

Schedule an evaluation and step into spring with comfort and confidence.



Recipe of the Month

Flavorful Lemon Chicken



Ingredients

- 1 teaspoon dried oregano
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 6 boneless skinless chicken breast halves (6 ounces each)
- 2 teaspoons chicken bouillon granules
- 1/4 cup boiling water
- 3 tablespoons lemon juice
- 1-1/2 teaspoons minced garlic
- 1-1/2 cups sour cream
- 2 teaspoons minced fresh parsley
- Hot cooked brown rice, optional

Cooking Instructions

- Combine the oregano, seasoned salt, and pepper; rub over chicken. Place in a 3-qt. slow cooker.
- In a small bowl, dissolve bouillon in boiling water. Stir in lemon juice and garlic. Pour over chicken. Cover and cook on low until chicken is tender, 4-5 hours.
- Remove chicken and keep warm. Stir in sour cream and parsley; cover and cook until heated through, about 15 minutes. Serve chicken with sauce and, if desired, rice.

Serve and Enjoy!

Can You Spot All 5 Differences?



April 2026 Holidays and Important Dates

- **4/1 – April Fools’ Day:** A lighthearted day known for jokes, pranks, and humor, encouraging laughter and fun social interactions.
- **4/5 – Easter Sunday:** A major Christian holiday celebrating the resurrection of Jesus Christ, often associated with renewal, family gatherings, and traditions.
- **4/7 – World Health Day:** Raises awareness about global health issues and encourages people to prioritize their physical and mental well-being.
- **4/15 – Tax Day (U.S.):** Deadline for filing federal income tax returns, emphasizing financial responsibility and planning.
- **4/22 – Earth Day:** Promotes environmental protection, sustainability, and awareness of the importance of preserving our planet.
- **4/30 – National Honesty Day:** Encourages honesty, transparency, and integrity in personal and professional relationships.