



Midwest PodiatryTM Centers

Patient Newsletter
May 2026

Pickleball, Running, Golf: Avoid These Foot Injuries

Staying active is one of the best things you can do for your health. Whether you are playing pickleball, going for a run, or spending the day on the golf course, your feet take on more stress than you may realize.

Each sport comes with its own set of common foot and ankle injuries. The good news is that most of them are preventable with the right awareness and care.

Pickleball: Quick Moves, High Impact

Pickleball involves fast lateral movements that can strain your feet and ankles. Players often experience ankle sprains, Achilles tendinitis, and plantar fasciitis due to sudden stops and pivots. Wearing court-specific shoes and warming up properly can help reduce your risk.

Running: Repetitive Stress Adds Up

Runners are prone to overuse injuries such as stress fractures, shin splints, and heel pain. These conditions often develop gradually, making them easy to overlook until they worsen. Proper footwear, gradual mileage increases, and supportive orthotics can help keep you moving safely.

Golf: Low Impact, Hidden Strain

Golf may seem low impact, but the repetitive twisting motion of your swing places stress on your feet and ankles. Conditions like tendonitis, arch pain, and plantar fasciitis are common

How to Protect Your Feet

No matter your sport, a few simple habits can help prevent injury:

- Wear activity specific, supportive footwear
- Stretch before and after activity
- Avoid sudden increases in intensity or duration
- Pay attention to early signs of pain and address them promptly



Do Not Ignore Foot Pain

Foot discomfort is often the first sign that something is not right. Addressing it early can prevent more serious issues and keep you doing what you love.

If you are experiencing foot or ankle pain, our team is here to help you stay active and pain free.

Call us today or schedule your appointment online. Your feet will thank you.



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

Dirty Banana Trifle



Ingredients

- 2 packages (8 ounces each) cream cheese, softened, divided
- 2 cans (14 ounces each) sweetened condensed milk, divided
- 1-1/2 cups Kahlua (coffee liqueur), chilled
- 2-1/2 cups cold 2% milk, divided
- 2 packages (3.9 ounces each) instant chocolate pudding mix
- 3 cartons (8 ounces each) frozen whipped topping, thawed, divided
- 9 whole chocolate graham crackers, coarsely crushed
- 2 packages (3.4 ounces each) instant banana cream pudding mix
- 1-1/2 cups coarsely crushed vanilla wafers (about 45 wafers)
- 5 medium bananas, sliced
- Additional wafers, crushed chocolate graham crackers and sliced bananas

Cooking Instructions

- In a large bowl, beat 1 package cream cheese and 1 can condensed milk until blended. Beat in Kahlua, 1/2 cup milk and chocolate pudding mix until thickened, about 2 minutes. Fold in 1 carton whipped topping, then chocolate graham crackers.
- In another large bowl, beat remaining cream cheese and condensed milk until blended. Beat in remaining 2 cups milk and the banana pudding mix until thickened, about 2 minutes. Fold in 1 carton whipped topping, vanilla wafers and bananas.
- Spread chocolate pudding mixture in the bottom of a 6- or 7-qt. trifle bowl or glass bowl. Layer with 1-1/2 cups whipped topping and banana pudding mixture; top with remaining 1-1/2 cups whipped topping. Cover and refrigerate overnight.
- Garnish with additional wafers, crushed chocolate graham crackers and sliced bananas before serving

Serve and Enjoy!

Can You Spot All 5 Differences?



May 2026 Holidays and Important Dates

- **5/1 – International Worker’s Day:** Honors the contributions of workers worldwide and promotes fair labor practices, workers’ rights, and safe working conditions.
- **5/4 – Star Wars Day:** A fun, unofficial holiday celebrated by fans of the Star Wars franchise with the phrase “May the Fourth be with you.”
- **5/5 – Cinco de Mayo:** Commemorates the Mexican army’s victory at the Battle of Puebla and celebrates Mexican culture, heritage, and traditions.
- **5/10 – Mother’s Day:** Celebrates mothers and maternal figures, recognizing their love, support, and influence in families and communities.
- **5/20 – World Bee Day:** Raises awareness about the importance of bees and other pollinators in maintaining ecosystems and food production.
- **5/25 – Memorial Day:** Honors and remembers military personnel who died in service to the United States, often marked by ceremonies and gatherings.