

Supercharged to Take Care of Your Feet

AUGUST 2023



Big Foot Sighting in Seattle
Where do you want your feet to take you?



Help Your Child Avoid 'Trampoline Ankle'

Kids love to jump on trampolines, but when multiple jumpers are involved, trouble's a-brewin'.

When multiple jumpers share a trampoline, they're jumping out of sync. When one kid lands, the tension of the trampoline surface elevates, making it a harder surface for others who are landing. When only one kid is jumping, the surface returns to stretchy and pliable between jumps.

But even more hazardous is the force of the trampoline surface springing upward as another jumper is descending and ready to land. The kinetic energy from these two separate forces rendezvous at a jumper's ankles and can do a number on ankle growth plates. Growth plates are areas of cartilage that are developing into new bone. "Trampoline ankle" is the name that's been coined for this injury. We in the podiatry profession refer to it as a Salter-Harris fracture.

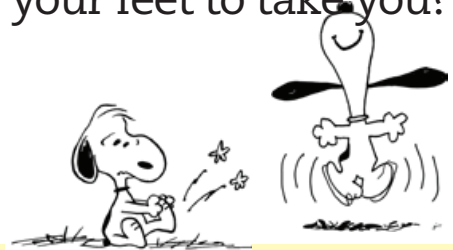
When there is a significant discrepancy in size of multiple jumpers, smaller children can pay an even heavier price. In multiple-jumper situations, kids are also more prone to being off-balance, increasing the force on their ankles and ankle growth plates.

To minimize your child's risk of trampoline injuries (of which there are many besides "trampoline ankle"):

- Don't allow children under 6 years old to jump on a full-size trampoline; supervise all those ages 6-9.
- Remove all debris from the trampoline surface.
- Remove all items underneath the trampoline.
- Install trampolines on soft, stable surfaces and on level ground.
- Encourage kids to jump toward the center.
- No flips or somersaults.
- **Only one child on the trampoline at a time!**

If your child suffers an ankle injury at the hands of a trampoline, don't dally. Unattended injuries can have long-term repercussions. Give our office a call instead.

Where do you want
your feet to take you?



Let us take you from
ugh TO AHH!

Our Goal: **Limp In and Dance Out!**

Shockwave a.k.a. EPAT is regenerative care for lingering heel pain, shin splints, or Achilles tendinitis.

Hammertoe correction for many can be done in the office with a relatively quick recovery.

Painful ingrown toenails and thick fungal toenails can be cured.

Orthotic Refresh can bring your orthotics back to life or get a spare set to cover all your footwear basics. We have lots of insoles ready to go to hug and support those achy arches.

Now is the best time to get your feet ready for your favorite activities and travel.



Psoriatic Arthritis Is a Stiff Challenge

Upwards of 30% percent of people with the skin disorder psoriasis eventually develop psoriatic arthritis (PsA), an autoimmune condition that attacks the joints, including those in the feet and ankles. Pain, stiffness, inflammation, and swelling are its calling cards.

PsA is most common among those 30 to 50 years of age and afflicts women at a higher rate than men. Those who are obese are more vulnerable as well. Please note that many people can get PsA without having had psoriasis.

There is no definitive test to diagnose PsA. It's more a matter of eliminating other possibilities. Many of its symptoms are similar to other forms of arthritis, such as gout, rheumatoid arthritis, and reactive arthritis. There is no cure for PsA, but it can be managed effectively, with its progression halted or greatly slowed.

Pain caused by PsA is typically worse with inactivity. Stiffness in the morning is a problem for many. It could take a half hour or more to loosen things up. PsA can go into remission and then suddenly flare up. Ongoing, consistent treatment is key during both phases.

A person with PsA can help their cause with gentle stretching; regular exercise; wearing properly fitted and supportive footwear; and eating a healthy diet that includes plenty of omega-3 fatty acids, fiber-rich foods, and green tea.

PsA treatments include various prescription and over-the-counter medications (oral and topical) and orthotics to keep things in check. Massages and heat application can be beneficial, too. Surgery/joint replacement may be advised for severe conditions.

If you have PsA, we can treat your foot and ankle ailments and coordinate with other specialists (e.g., rheumatologist) to maximize your care. Make us part of your healthcare team today.

Mark Your Calendars

- Aug. 5** WWE SummerSlam: In 2005, two wrestlers fought over the custody of a child — that's pro wrestling!
- Aug. 7** National Lighthouse Day: Michigan boasts the most lighthouses of any U.S. state.
- Aug. 10** Lazy Day: Anything but work will do ... theoretically. Everyone? Could be chaos.
- Aug. 16** Tell a Joke Day: Why don't scientists trust atoms? Because they make up everything.
- Aug. 20** National Radio Day: For over a century, the Eiffel Tower has been a radio tower (and cell tower since 2008).
- Aug. 26** National Dog Day: In 2022, the French bulldog replaced the Labrador retriever as most popular U.S. breed.
- Aug. 29** Bat Night: Bats are the only flying mammal. Flying squirrels glide short distances but don't fly. Frauds.



International Left-Handers Day – Aug. 13!

It's not easy being left-handed. Throughout history, many cultures have associated left-handedness with the devil. Less than a century ago, some parents, teachers, and doctors in the U.S. were still forcing left-handed kids to switch hands. The stigma of being a lefty is reflected in our language: The word "sinister" means "left."

Scientists aren't sure why 10% of people are left-handed and the other 90% right-handed. An undiscovered genetic component is likely at play — left-handedness often runs in families — combined with environment and unique brain wiring.

Certain mental-health conditions seem to affect left-handers disproportionately. For instance, those afflicted with psychosis tend to have a 20% representation of left-handers, double the 10% of the general population. Schizophrenia records a whopping 40% lefty rate. Mood disorders such as depression and bipolar disorders hold steady at 11%.

The right side of the brain controls muscles on the left side of the body, as well as musical and spatial abilities (the ability to generate, retain, retrieve, and transform well-structured visual images). This may be why left-handers seem to have a leg up on righties in the arts and information-technology fields. However, these fields may be in tune with lower paychecks ... unless you're Oscar-, Grammy-, Tony-, or Nobel-worthy. On average, left-handers earn 10% less than right-handers.

Lefties hold advantages in one-on-one sports such as tennis, baseball (pitcher vs. hitter), and boxing. A good explanation is that left-handers are rare and opponents are thrown for a loop since they don't often practice against lefties.

Six out of our last 14 presidents have been left-handed ... an interesting anomaly. But maybe we shouldn't have mentioned that one. Lefty-righty has a completely different connotation in politics.

Easy Bruschetta Chicken Bake

Servings: 4; prep time: 15 minutes;
cook time: 35 minutes

Easy bruschetta chicken is a healthy Italian-inspired, family-favorite meal. Perfect for busy weeknights with simple, fresh ingredients and loads of flavor.



Ingredients

- 4 boneless skinless chicken breasts
- 3 teaspoons Italian seasoning
- 2 teaspoons minced garlic
- salt to taste
- 4 ounces shredded mozzarella cheese

Bruschetta

- 4 or 5 Roma tomatoes, finely chopped
- 1/2 of a red onion, finely chopped
- 4 tablespoons shredded fresh basil
- 2 tablespoons olive oil
- salt to taste

Topping

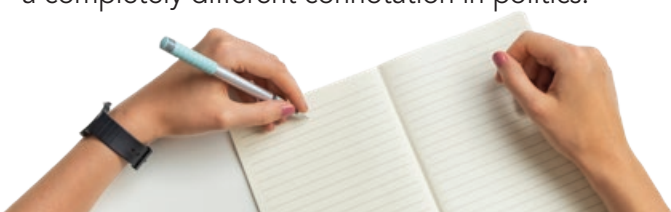
- Balsamic glaze for drizzling
- fresh basil leaves
- shredded mozzarella cheese

Directions

1. Preheat the oven to 375°F.
2. *Make the bruschetta:* Chop the tomatoes into a small dice, about 1/4 to 1/2 inch, and add to a medium-size bowl. Next, chop the red onion and add it to the bowl. Toss with fresh basil and olive oil; season with salt to taste. Set aside.
3. Season the chicken breasts with Italian seasoning, garlic, and salt. Place the seasoned chicken in the bottom of a baking dish, and sprinkle with shredded mozzarella cheese. Next, layer the bruschetta over the mozzarella cheese. Bake for 35 to 45 minutes, or until the chicken breasts have reached a minimum temperature of 165°F.
4. Drizzle the balsamic glaze over the chicken and serve immediately.

Note: Choose firm Roma tomatoes for easier chopping.

Recipe courtesy of Stephanie Wilson
and www.31daily.com.

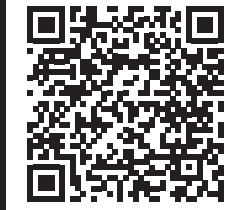


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DO YOU HAVE KIDS?
We want to see them!
Did you give your lousy feet to someone?
Treat them early to prevent long term problems

Schedule a children's foot evaluation with Dr. Robinson, a board certified specialist

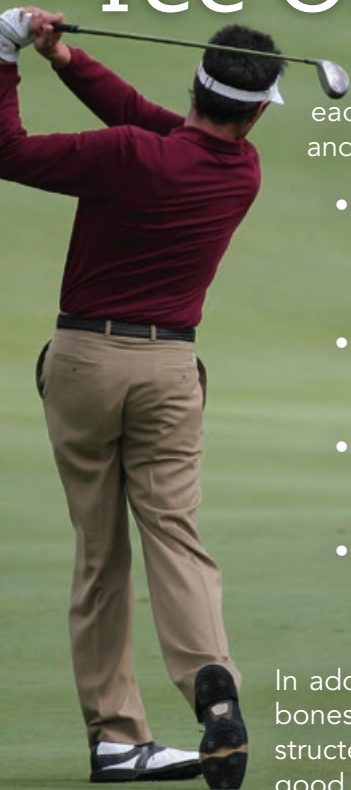
Let us take a peek and sleep easier knowing their feet are in good hands!

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Tee Off on Golf Course Injuries



According to the National Golf Foundation, more than 41 million Americans hit golf courses each year to slice, hack, and hook their way through 18 holes. But the sport can take a toll on feet and ankles. Here's a sampling:

- **Achilles tendonitis.** For those who walk the course, that's three to five miles of distance logged, plus a lot of standing, all while wearing golf shoes. If utilizing a cart, the regular braking, hopping on, and exiting can aggravate the calf muscles, directly affecting the Achilles tendon.
- **Ankle sprains.** Walking on uneven terrain always poses a threat of sprained ankles. Traipsing through the rough, wooded areas, sand traps, and across streams ups the ante, too. A golf swing requires rotating the ankles and heightens the risk of ankle sprains.
- **Plantar fasciitis.** Excessive walking can cause or exacerbate plantar fasciitis. It's all about repetitive motion, which golf has plenty of between walking and the foot/ankle mechanics of a golf swing — and the higher your handicap, the higher your repetitions.
- **Metatarsalgia.** Pivoting or pushing off during the golf swing can eventually result in discomfort in the ball of the foot. This area is also sometimes unduly stressed by a golf shoe spike located directly under a metatarsal bone.

In addition, golf shoes that don't fit well can unleash neuromas (nerves between the metatarsal bones that get squeezed), blisters, corns, and calluses. Golf shoes should be lightweight, constructed of breathable materials, well-cushioned in the heels and soles, water resistant, and offer good traction.

Painful feet and ankles can diminish your golfing joy and trigger other injuries. Find relief by scheduling an appointment at our office.