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Tell Injuries to Take a Hike this Fall

As summer winds down and the air turns crisp, many outdoor enthusiasts prepare to welcome fall from the hiking trail. Hiking's a great form of exercise and the perfect way to experience the shift in seasons while watching the leaves change color. However, a successful hike takes more preparation than one might think. Before hitting the trail, hikers should be mindful of the strain this outdoor activity can put on their feet and ankles.

Here are some tips to ensure your fall hikes aren't cut short by heel pain, ankle sprains or Achilles tendon injuries.

Proper Footwear

Wear shoes with good support. Tennis shoes aren't the best for hiking and lack the support needed for hiking on uneven, steep or slippery terrain. Hiking boots should be well-insulated and moisture proof with a stiff sole for maximum support.

Take It Easy

As with most physical activities, it's better to start small and work your way up as you get comfortable and more confident. Physical conditioning is important to avoiding injuries. Strengthening, stretching and balancing exercises will help immensely when it comes to more challenging terrain. Do as much as your body can handle, and ease into a hiking routine before tackling long, strenuous trails.



Body Talk

Listen to your body and take a break if something starts hurting. Hiking in pain will only increase the risk of a serious injury. If you experience foot or ankle pain while hiking and it doesn't get better with rest, schedule an appointment with a foot and ankle surgeon as soon as possible. Ankle and Achilles tendon injuries need to be evaluated and treated as early as possible. If left untreated, these injuries could ruin your hiking plans for a long time.

If you suffer an injury out on the trails this fall, remember the RICE method – rest, ice, compression, elevation and seek care from our office as soon as possible.

Combating Diabetes is a Family Affair

National Diabetes Month this November serves as an excellent reminder that diabetes is a "family disease" and all family members should take active roles to help their loved ones with diabetes stay healthy.

Here are some ways the whole family can participate in healthy choices and actions:

- **Plan meals carefully.** Everyone can benefit from healthful-eating guidelines that your diabetic family member needs to follow.
- **Make fitness a part of your day.** Taking a walk together is a great way to help the entire family stay in shape, and to help your diabetic family member
- **Feet can get cold on chilly autumn nights,** so anyone with diabetes should wear socks to bed if their feet are chilly. They should NEVER use a heating pad or hot water bottle.
- **Help your family member check his or her feet.** It's not always easy to look at the bottoms of someone's feet, but it's very important. Regular foot-checking can help you catch cuts, blisters, scratches, redness or swelling right at the start, before they become a big problem. So, inspect feet daily, and call our office at the first sign of trouble.



Regular visits to a foot and ankle surgeon to check for issues associated with diabetes are important. And as always, if your loved one experiences problems with their feet, make an appointment with our office for an exam.

Make Heading Back to School Painless for Feet



After enjoying freedom all summer, heading back to school can be a hard transition. While this change in routine can be especially tough for kids, it shouldn't be tough on their feet. Most kids and teens spend the majority of their summer vacation in flip-flops, but when it's time to head back to school these casual sandals can lead to aches, pains and increase the risk of injury.

Kids have a growth plate in their heels that continues to grow into their mid-teenage years. While flip-flops offer casual comfort, they don't cushion the heel, which makes repetitive stress from walking particularly harmful, causing inflammation to the bone growth area, pain and tenderness.

Common problems from flip-flops:

- Heel and Arch Pain
- Painful Pinched Nerves
- Broken or Sprained Toes
- Plantar Warts
- Callus Build-up on the Heels and Toes
- Inflammation of the Achilles Tendon
- Sprained Ankles
- Cuts and Scrapes
- Athlete's Foot

If your child is complaining of foot pain, schedule an appointment with our office. This type of pain can usually be eliminated with simple methods including stretching, ice massage, anti-inflammatory medications or shoe inserts.

