

Our Offices

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Find Us



Blog

In This Issue...

- Physical Therapy: An Effective Treatment for Many Foot Problems
- 10 Weird and Strange Foot Facts
- In the Community
- Deal of the Month
- Recipe of the Month: Healthy Chicken Salad

Physical Therapy: An Effective Treatment for Many Foot Problems

One of the most effective therapies in treating foot problems is physical therapy.

Physical therapy is useful in strengthening muscles and increasing flexibility. Treatments can also increase range of motion, support proper structural alignment and promote balance.

We often prescribe physical therapy for our patients with foot and ankle sports injuries as well as a post-surgery regimen to aid healing and recovery. Physical therapy is also helpful in treating a wide range of foot and ankle problems including:

- All types of injuries
- Ankle sprains
- Congenital foot or ankle conditions
- Toe deformities like hammertoes and clawtoe
- Bursitis
- Tendonitis including Achilles tendonitis
- Heel pain and plantar fasciitis
- Sever's disease
- Neuroma
- Bunion
- Tarsal tunnel syndrome
- Muscle strain and tear



A physical therapist's tools of the trade can include ultrasound, diathermy, electrical stimulation and massage as well as targeted exercises and stretches.

What To Expect at Physical Therapy

We prescribe physical therapy treatments to continue the healing process that begins in our office. At the physical therapy office, the therapist will first meet with you and discuss your specific needs and goals. Your injury or condition will be evaluated and you'll discuss an individualized treatment plan.

....continued on page 2

....continued from page 1 **Physical Therapy: An....**

The frequency of your visits and length of treatment will be based on your specific condition, prescription details and the therapist's recommendations.

10 Weird and Strange Foot Facts

As Halloween approaches and our thoughts turn to all things scary and bizarre, we thought you would enjoy our list of 10 weird and strange facts about your feet. Enjoy!



- Your foot and ankle are strong, mechanical structures with 26 bones as well as 33 joints and more than 100 muscles, tendons and ligaments.
- Most people have one foot that is larger than the other.
- Every time your heel lifts off the ground when walking, your toes are forced to carry one-half of your body weight.
- No wonder your feet sweat - there are 250,000 sweat glands in your feet!
- 75% of Americans will experience foot problems at one time during their lives.
- Women have 4 times as many foot problems as men - in part because of wearing high heels.
- The average person takes 8,000 to 10,000 steps every day. That adds up to about 115,000 miles over a lifetime - enough to circle the earth 4 times!
- Toenails and fingernails grow faster during hot weather, the teenage years and pregnancy.
- In an average day of walking, the total forces on your feet can add up to hundreds of tons - the equivalent of a fully-loaded cement truck!
- The record for the world's largest feet belongs to Matthew McGrory who wears U.S. size 28 1/2! The average men's size is 10 1/2.

History FootNote

Hippocrates is believed to be one of the first practitioners of physical therapy in 460 BC, advocating massage, manual therapy techniques and hydrotherapy.

In the Community

Pueblo Ankle and Foot Care will be in attendance at the following two events in October. Stop by to see our podiatrists who are attending to do foot screenings.

Celebrity Foot Focus

Iman, Amal Clooney, Victoria Beckham and Oprah Winfrey are among the many celebrities who suffer from bunions.

Date: Wednesday, October 11, 2017

Time: 5:00-8:00 p.m.

Location: The Pueblo Union Depot, 132 W. B Street

Event Details: Schedule a 3D mammogram, meet & greet with physicians, shop, enjoy heavy appetizers and celebrate life by dancing the night away.

Admission Fee: \$15 Spirit Members/\$20 Non-members

To Register: www.parkviewmc.com

Joke of the month



Q. What did the teenage witch ask her mother on Halloween?

A. Can I have the keys to the broom tonight.

Trivia

What's the best water temp for soaking tired feet?

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

Pueblo
Ankle & Foot Care, Inc.

OCTOBER²⁰¹⁷ DEAL OF THE MONTH

Buy any 2 toe spacers/spreaders (1 dozen foam or single silicone), budin splints, toe caps, crest pads or lambs wool and get 1 free!

Reduce pain and friction associated with crooked, overlapping and/or flexible hammer toes, corns or calluses with a variety of our pads and splints. These are considered conservative methods of treating minor toe deformities, corns, calluses and offloading pressure.

Please consult our Pueblo Ankle and Foot Care Podiatrists before use of any of these products.

WARNINGS
If you have diabetes or poor circulation, consult your physician before use. If numbness, discoloration, irritation or additional toe pain occurs, discontinue use immediately. Do not use over broken or inflamed skin. Remove while sleeping. If symptoms persist, visit our foot specialist.

Recipe of the Month Healthy Chicken Salad

If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powdercontinued on page 4



....continued from page 3 **Recipe of the Month**

- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of youbrewmytea.com



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Meet our Doctors



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Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau

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