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8 Tips To Avoid Overuse Injuries

We all know that we should be physically active as a key ingredient for good health. But when we do too much too soon, we run the risk of sustaining painful overuse injuries.

Overuse injuries occur when we begin an exercise program that is too aggressive or when we step up the speed or duration of our current routine. The extra stress is placed on muscles, tendons and bones that are not ready for that level of activity.continued on page 2



History FootNote

Stress fractures were first described in 1855 as “march fractures” because they were observed in military recruits forced to go on long marches.

Celebrity Foot Focus

Victoria Beckham is just one of several celebrities with recent foot stress fractures. Could the former “Posh Spice” have injured herself by wearing those stilettos?

....continued from page 1 8 Tips To Avoid Overuse....

Overuse injuries occur in many sports and even walking:

- **Tendonitis**, or inflamed tendon, is commonly associated with jumping or side-to-side motions such as those required for soccer, dance and tennis. In particular, **Achilles tendonitis** is inflammation of the tendon that attaches your calf muscle to the heel bone and is often experienced by runners.
- **Plantar fasciitis**, or inflammation of the plantar fascia which runs along the sole of the foot, is caused by overuse of this tissue. The heel pain from plantar fasciitis is usually worst in the morning when you first get out of bed.
- **Stress fractures** are tiny breaks in the bone that plague athletes such as distance runners and basketball players. They are very common in the foot and shin because of the weight-bearing responsibilities of those areas.

The Good News? Overuse Injuries of the Foot Can Be Avoided

Here are our top 8 tips to avoid an overuse injury:

1. Do some gentle stretches before beginning your activity – but always warm up **before** stretching with some easy jogging in place.
2. Don't work through any pain, as discomfort is your body's signal that something is wrong or that you are overdoing it.
3. Follow the 10% rule. Increase your activity level, such as running distance or duration, gradually by only 10% per week as you work toward your goals.
4. Whenever possible, run on soft, flat surfaces.
5. Mix up your routine. Alternate hard training days with easier ones. Put your running shoes aside for a day to do weight training.
6. Choose the right footwear for each activity. Shoes for tennis accommodate a lot of both forward and lateral motion. Basketball shoes support the ankle and have flat bottoms for stable landings. Running shoes have ample cushioning to absorb stress and are lightweight and flexible.
7. Replace your running shoes every 500 miles.
8. Women and teen girls should get enough calcium to reduce their risk of stress fractures.

By slowly increasing your activity level, your body will have time to adapt and strengthen to keep you in the game!

Put Your Best Foot Forward at Holiday Parties

The holidays are in full swing with all types of festive gatherings. Whether a family party, work bash or an intimate gathering with a few friends, we all want to look merry and chic.

When it comes to footwear, however, we also want to be comfortable – especially when it's standing room only! No one wants to sing “Auld Lang Syne” in stocking feet because of pinched toes. Here are some tips on holiday party shoes that are stylin' and comfortable too:

- Opt for flats. You can go glamorous with metallic flats that also have flexible outsoles and cushioned footbeds. Look for those with eye-catching gemstone accents.
- Slides aren't just for wearing around the house. Select dressy versions that are poised right between form and function. Dress slides with special touches like beading and flowers are perfect for dancing the night away.
- What footwear can you wear with comfy socks? Booties! These can be metallic and even patent leather and those with shorter block heels instead of spikes are extra cozy.
- Sandals aren't only for warm weather. Dress sandals in patent, suede and even velvet let your feet enjoy the party too, especially with a flat heel and open toes.

If you must wear high heels, be sure to limit their use. Slip them on when you arrive at your destination and only wear them for a couple of hours.



Foot Funnies



When a motorist's car broke down, he flagged down a passing car and asked for help. The other driver said "Sorry, I'm not a mechanic – I'm a podiatrist." The motorist replied "Well, can you give me a *toe*?"

Eat for Your Feet Good Nutrition for Foot Health

Our diet is important for our overall health. But did you know that what you eat affects your foot health too?

Making healthy choices in your diet can lower your risk of certain diseases including heart disease and stroke, diabetes and cancer. But eating a poor diet can lead to inflammation. When the body receives an inflammation signal, it tries to cope with an internal injury threat. This can lead to chronic inflammation such as with osteoarthritis and autoimmune diseases.



Inflammation Can Cause Foot Pain

Some foot pain such as plantar fasciitis, or inflammation of the plantar fascia, is caused by inflammation. Plantar fasciitis can actually get worse when certain foods are consumed in excess, including:

- Animal protein sources with too much saturated fat, such as red meat
- Prepared foods with refined grains, sugar and trans-fats
- White flour that you find in pasta, snacks and desserts
- Vegetable oils with a lot of omega-6 fats such as corn, soybean and sunflower oils

These foods can aggravate other inflammation conditions like arthritis, heel spurs and painful arches.

Eat a Balanced Diet for Foot Health

A balanced eating plan with lots of fresh vegetables and fruits can reduce chronic inflammation. Other healthy foods to add are:

- Protein sources like beans and legumes
- Omega-3 rich fish including tuna and salmon
- Whole grains
- Lean meats
- Nuts and seeds

Your feet – and your whole body – will thank you for these nutritional powerhouses!

Video of the Month: Treatment for dry cracked heels



Trivia

Which shoe is the worst possible shoe to wear?

- A. Ballet flats
- B. Spike heels
- C. Pointy-toed pumps
- D. Flip-flops

The correct answer is: D. Flip-flops

Explanation:

According to the American Podiatric Medical Association, the world's worst shoe is not spike heels or pointy boots. Instead, the worst offender is flip-flops! This is because flip-flops offer no arch support and do not protect the foot at all, leaving feet exposed and prone to injuries.

Deal of the Month

MAKING A LIST
CHECK IT TWICE

Get ready for this months deal and great savings!

Amerigel only \$15!

Recipe of the Month

White Bean Dip with Fresh Herbs

The perfect celebration of fresh herbs, this dip is wonderful with crostini, pita, radish slices, or even wrapped up in kale or romaine leaves. Serve with an extra drizzle of nice, fruity olive oil and bring it to your next holiday gathering!

Ingredients

- 2 cups cooked white beans
- 1 clove garlic, minced
- 4 tablespoons extra-virgin olive oil, divided into 1 tablespoon and 3 tablespoons
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons fresh thyme
- 1 teaspoon sea salt (or to taste)
- Black pepper, to taste
- 2 tablespoons fresh lemon juice
- 3 tablespoons fresh parsley



....continued on page 4

Directions

1. In a medium-sized pan, heat the garlic in 1 tablespoon olive oil. Cook for two minutes, and then add the white beans, rosemary, and thyme. Sauté for another 4 to 5 minutes or until the garlic is soft and fragrant.
2. Transfer the beans to a food processor. Add the salt, pepper, lemon, and remaining olive oil. Process on high, stopping every now and then to scrape the bowl down, until mixture is totally creamy and smooth.
3. Pulse in the fresh parsley. Serve with an extra drizzle of olive oil.

Recipe courtesy of Food 52 by Gena Hamshaw



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