



e Newsletter

March 2020

Our Offices

Pueblo Colorado

1619 North Greenwood
St. #300
Pueblo, CO 81003
Phone: (719) 543-2476
Fax: (719) 543-2479

Pueblo West Colorado

729 E Spaulding Ave
Pueblo West, CO 81007
Phone: (719) 543-2476
Fax: (719) 543-2479

Find Us



Blog

In This Issue...

- Testimonial
- Can Flat Feet Be Treated?
- Feed Your Feet During National Nutrition Month
- Choosing Cleats for Spring Sports
- Video of the Month: Custom Made Orthotics
- Deal of the Month
- Recipe of the Month: Thai Baked Pineapple Fried Rice



Can Flat Feet Be Treated?

What does your footprint say about the structure of your foot? If you have flat feet, when you stand on a piece of paper or concrete sidewalk with wet feet, you will leave an impression of the entire outline of your foot instead of leaving an empty area where the foot arches.

According to the Institute for Preventive Foot Health, 8 percent of U.S. adults, or 18 million people, have flat feet that are usually present from birth. Another 8 million American adults have fallen arches, feet that are flat because the arches have fallen.

....continued on page 2



History FootNote

England's King Henry VIII owned the first soccer cleats. Made by his personal shoemaker in 1525, the ankle-high shoes were made of strong, heavy leather with metal studs hammered into the soles.

Celebrity Foot Focus

Most major athletic shoemakers offer first-class cleats, but soccer great Pele always favored Pumas.

....continued from page 1 Can Flat Feet Be Treated?

Flat feet are normal in babies and toddlers as the arches are still developing. Some children never develop arches. Arches may also fall over time due to tendons weakening because of wear and tear. Risk factors that may increase the chance of flat feet include obesity, foot or ankle injury, rheumatoid arthritis, diabetes or just simply aging.

Those with flat feet are susceptible to overpronation where the foot rolls inward while walking or running.

Many people with flat feet have no symptoms. However, some individuals experience pain, especially in the arch or heel area. The pain may be worse with activities like walking, running, sports or exercise. The inside of the ankle may also swell.

Diagnosing and Treating Flat Feet

We will use several methods to diagnose flat feet. First, we will give you a careful exam, watch you walk and check the wear pattern on your shoes. Imaging tests like X-rays, a CT scan, ultrasound or an MRI can give us a better picture of the bones and soft tissues in your feet.

If flat feet are not painful, no treatment is necessary. However, we have several options to relieve your discomfort including:

- Custom-fitted orthotics or arch supports that are molded to the contours of your feet. These can help reduce the symptoms that are causing pain.
- Switching to shoes that are structurally supportive for greater comfort.
- Physical therapy especially for athletes and runners.
- Stretching exercises to help ease a shortened Achilles tendon.

In severe cases, surgery may be recommended to reconstruct the tendon and lift the arch.

Feed Your Feet During National Nutrition Month

March is National Nutrition Month and the perfect time to discuss how your diet affects your body – especially your feet! Your food and drink choices affect your foot health too.

Healthy eating can help reduce your risk of some diseases like cancer, diabetes, heart disease and stroke. However, a poor diet can cause inflammation which is blamed for many diseases. Your body reacts to an inflammation warning by launching an internal injury threat that can lead to chronic problems like osteoarthritis and autoimmune diseases.



How Inflammation Causes Foot Pain

When certain foods are consumed in excess, inflammation can make heel pain caused by plantar fasciitis worse. Limit these foods:

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

These foods are also troublemakers for other inflammatory conditions like arthritis, heel spurs and arch pain.

Eat a Balanced Diet for Foot Health

A balanced diet is good for your overall health and your feet too! Eat lots of fresh vegetables and fruits that can help reduce chronic inflammation. Add other healthy foods like:

....continued on page 3

....continued from page 2 **Feed Your Feet During....**

- Good protein sources such as lean meats, beans and legumes
- Whole grains
- Nuts and seeds
- Omega-3-rich fish including tuna and salmon

Treat your feet well with this eating plan and you'll treat your whole body right!

Learn more about healthy eating from the [Academy of Nutrition and Dietetics](#). Visit [ChooseMyPlate.gov](#) for healthy eating pointers for everyone from children to teens, college students and adults.

Choosing Cleats for Spring Sports

There are cleats...and there are cleats. How do you know if you are choosing the right cleats for your child and chosen sport?

It's important to find just the right sports footwear for your budding athlete no matter which sport they choose.

Know the equipment requirements for your child's program(s). Specs may vary; for example, cleats may not be allowed on artificial turf, while rubber cleats might be encouraged for flag football, soccer and t-ball.



Get the right size. Shop at the end of the day when feet are largest and bring along socks for trying on shoes. Have your child's foot measured by a professional. Your child should be standing up bearing weight. Measure both feet and buy shoes for the larger size. Make sure that cleats have about a thumbs-width of extra room in front of the toe, but don't buy too big. Shoes should be comfortable right away with no "breaking-in" period. Have your child walk or run around the store to try them. The cleats should not be too tight or too big.

Buy for the right sport. Each sport has different demands based on the terrain and foot movements. For example, soccer cleats have a slightly narrower upper to help control the ball. For children ages 9-14, look for multiple cleats on the heel to prevent unnecessary pressure and heel pain. For flag football or soccer, choose a cleat with synthetic uppers to help keep your child's foot dry. Football cleats may extend beyond the ankle for extra support.

A well-fitting cleat will help your young athlete have a healthy and happy sports season. Ask questions to make sure you make the right choices.

Foot Funnies



Which soccer player has the biggest cleats? The one with the largest feet.

Video of the Month: Custom Made Orthotics



Trivia

The Ides of March is a famous day. What day is it?

- A. 3rd
- B. 5th
- C. 15th
- D. 31st

Answer: C



WHO'S READY FOR

"ARCH" MADNESS

GET YOUR SECOND PAIR
OF PREVIOUSLY CASTED
CUSTOM MADE
ORTHOTICS FOR ONLY...

\$250

Recipe of the Month

Thai Baked Pineapple Fried Rice

This delicious Thai Pineapple Fried Rice with cashews is baked inside a carved pineapple for a unique tropical twist and extra juicy pineapple flavor. This vegetarian meal can also be served with a protein of choice. Can be made gluten free and clean eating.

Ingredients

- 1 ripe sweet pineapple
- 1 tablespoon oil divided
- 2 eggs lightly beaten
- 4 green onions whites chopped, greens cut into 1/2-inch pieces
- 3 garlic cloves roughly chopped
- 2 cups cold cooked rice white or brown
- 1 cup frozen diced carrots and peas thawed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon ground coriander
- 1/4 teaspoon chili flakes
- 1/4 cup roasted cashews
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce (sub Tamari to make gluten-free or liquid aminos)



Instructions

1. Preheat oven to 375 F.

....continued on page 5

2. Prepare the pineapple by cutting it in half. Carve out the flesh while leaving the skin intact to create cavities. Chop half of the flesh into small chunks (about 1 cup) and set aside. Freeze remaining pineapple for other use. Pat the pineapple halves dry with paper towel. Cover the leaves with aluminum foil to keep from burning. Bake the pineapple boats for about 5 minutes to dry them.
3. Heat 1/2 tablespoon of oil in a large skillet or wok on high heat. Add the eggs and cook without stirring for about 30 seconds. Then stir quickly to scramble and remove from pan.
4. Add the remaining 1/2 tablespoon oil to the pan, stir in onion whites and garlic and stir fry for half a minute until fragrant. Add the thawed carrots and peas and fry for a couple minutes.
5. Push the veggies to one side of the pan, then add the cold cooked rice. Stir fry on high while adding coconut milk, soy sauce and spices (salt, pepper, turmeric, coriander and chili flakes).
6. Combine with the veggies from the side of the pan and stir scrambled eggs back into the rice. Add in green onion pieces, chopped pineapple and cashews and stir. Fill into pineapple shells and bake for about 10 minutes until heated through.
7. Garnish with more cashews and green onion. Serve right away.

Recipe courtesy of LeelaLicious.com



Pueblo Colorado
1619 North Greenwood
St. #300
Pueblo, CO 81003
Phone: (719) 543-2476
Fax: (719) 543-2479

Pueblo West Colorado
729 E Spaulding Ave
Pueblo West, CO 81007
Phone: (719) 543-2476
Fax: (719) 543-2479

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.



Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau



Dr. Sarah Thompson

To Sign Up for Our Newsletter, Visit Our Web Site at: www.puebloankleandfoot.com