



## Are You Suffering With Plantar Fasciitis?

One of the most painful and unnerving issues that can occur in people of any age and any fitness level is plantar fasciitis. This is a condition that occurs when a specific part of the foot, the plantar fascia, becomes inflamed.

The plantar fascia is the long, elastic tissues that runs on the bottom of your foot from your heel through to your toes and connects the two parts.

If you have plantar fasciitis, or the longer term plantar fasciopathy, you will experience the following symptoms:

- Problems walking in the morning – if you have difficulty taking a step without pain that runs through the heel to the toes or in the lower area of the leg when first walking in the morning you may have plantar fasciitis.
- Sharp, shooting pains – these are hard to describe but, for many people, they feel like a knife or a hot, burning piece of metal is being inserted into the bottom of your foot. This may be felt more at the front part of the heel, the actual bottom or sole of the foot, or even farther back on the heel depending on the location of the inflammation.
- Walking, tiptoeing or going up steps increases the pain – the movement of the foot from back to front escalates or intensifies the sensations of pain. Walking on the toes, which puts additional pressure on this tissue, can be particularly painful. However, walking barefoot may also increase the pain to extreme levels.
- Swelling and/or pain in the heel – this can occur during, but more typically after, exercise. This exercise may be mild to moderate in intensity and may not be heavy or extreme. Jogging or walking briskly where the foot is constantly transferring weight from heel to toe in the natural gait are often the most problematic. Swelling may be mild to moderate and can include the entire heel. There may be also discoloration from bruising present.
- Changes in gait - if you have had an injury that caused you to change the way you place your feet in a stride, the weight distribution of your body or the way that you walk you may find that plantar fasciitis becomes a problem.
- Shoe problems – specific shoes, typically those that offer limited or no support tend to increase the pain, swelling and discomfort of plantar fasciitis.



If these symptoms seem to ring a bell and explain your heel or foot pain, see your podiatrist immediately. Early treatment can prevent plantar fasciitis from becoming the more serious plantar fasciopathy.

## AUGUST 2015

Hello! We are pleased to send you this monthly issue of *Foot Prints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

### Monthly Joke

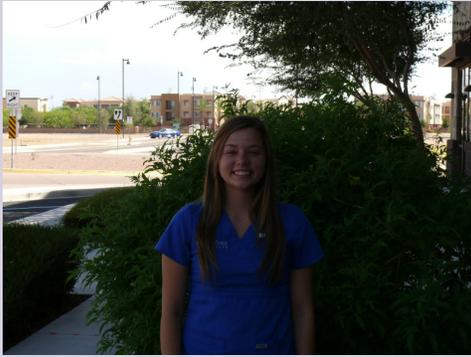
Funny Or  
Dumb—Or Both?  
You Decide



Can a joke be so stupid it's actually funny? Consider these:

- If you're ever cold, just stand in a corner for a few minutes. They're usually 90 degrees.
- Did you hear about the two thieves who stole a calendar? They each got six months.
- What's red and bad for your teeth? A brick.
- Why do you never see elephants hiding in trees? Because they're really, really good at it.
- I'm trying to get a job cleaning mirrors professionally. It's something I could really see myself doing.
- What's blue and smells like red paint? Blue paint.

# Team Spotlight



## Amber Olney Office Assistant

Amber Joined Fixing Feet Institute June of 2014. Her job title is “Office Assistant”. Most frequently her duties consist of pulling charts, answering phones, confirmation calls, and scheduling patient appointments. Less often, she helps room patients and take vitals, when necessary.

Fixing Feet Institute is Amber’s first job. Her education consist of continuing her high school education. This school year 2015-2016 she will be a senior at Willow Canyon High School. She is taking medical classes at school to graduate with a phlebotomy degree.

Amber lives at home with her mother, father, and two sisters. She enjoys being outdoors, camping, hiking, and going to the gym. She also enjoys being with friends and family.

“We depend on you, to depend on us. Your happiness and care is our number one priority at Fixing Feet Institute.”

## Make The Most Of Long Weekends

Three day weekends are a great opportunity to take your partner and kids on a mini-vacation, and there are some excellent tips to ensure you make the most of the time.



One good tip is to choose somewhere to go that is not too far away. A three day weekend is plenty of time to enjoy a local getaway, but it is best to avoid anything that involves a plane ride or a long car journey, particularly when children are involved.

Another good way to get the most out of a long weekend is to choose to stay in a hotel that is family-friendly. Many such hotels come with their own attractions such as indoor water parks or mini golf courses, and are great for entertaining the whole family.

If you want to expose your children to history and culture, try visiting a nearby big city, as they are usually full of science and history museums, theaters, sporting venues, etc., and even just walking the streets and exploring the city can provide both education and entertainment.

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## How To Pass a Driving Test

Passing a driving test can be a difficult and intimidating experience, but the best way to get through it is simply to make sure that you know everything you need to do now in order to pass it successfully.



Having regular lessons to learn all that is required of you sounds obvious, but there is little that is more important when it comes to passing a driving test.

Try to get a minimum of two hours driving experience per week for at least a month prior to taking the test.

This will result in you making consistent progress, increasing your confidence, making the most of the time you are spending with your driving instructor, and being given the chance to refresh your knowledge on any aspects you are unsure of.

You can also write down every time you achieve a large milestone.

A progress log is kept by some driving instructors to enable their students to track their progress on the syllabus, but you can always create your own if they do not.

## How To Age Well

More people are living longer in today's world, but that is not always good news when a longer life can also mean heart disease, type 2 diabetes, osteoporosis, cancer, osteoarthritis, and cognitive problems. No one wants to live longer if they are going to be sick and frail in all that extra time. The good news, however, is there are ways to increase the chances that you will stay physically and mentally healthy when you start to get older.



One of the most important things you can do is to stay physically active. Everyone should aim to get at least thirty minutes to a full hour of moderate physical activity per day, something that cuts down your chances of developing a wide array of diseases including heart disease, and can even help to alleviate mental disorders such as depression and anxiety. Such exercise can take a variety of forms, including walking, gardening, or housework.

Smoking is one of the biggest killers, so if you are one of the people who still indulge in this habit, then give it up now. Smoking reduces life expectancy by around ten years and can be a risk factor in a number of illnesses including Alzheimer's and other forms of dementia.

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## How To Survive The Working Week

Even people who love their jobs can become stressed out by time consuming commutes, inconveniences, and various work related tensions, and sometimes feel like they never have any time left for themselves.

The good news is there are ways to get through the work week without coming close to a meltdown.

One good tip is to try and make your commute a bit less of a pain. Listen to music and/or play games on your phone, or take a book along to read. If you use your own vehicle rather than public transport, you can still make the journey a little more pleasurable by taking along an audiobook. You might even be able to use the time to try learning new things, such as a new language.

Another good tip is to develop an after work routine that really helps you to relax. If you make your bed or tidy your room before you leave, you will be coming home to just relax, not have to do more work.

It can also help if you have already made a plan as to what you intend to do with your evening, such as hanging out with friends or watching a particular movie or set of TV shows.



## Recipe Corner



### Sweet Ambrosia Salad

The key to making this classic southern side is the coconut. Serve this Sweet Ambrosia Salad recipe any time of the year with any meal.

Ingredients:

- 1 – 20-oz. can Pineapple Chunks,  
Drained
- 1 – 14 ½-oz. jar Maraschino Cherries,  
Drained
- 1 – 11-oz. can Mandarin Oranges  
Drained
- 1 – 8-oz. container Sour Cream
- 1 – 10 ½-oz. pkg Pastel Mini  
Marshmallows
- ½ Cup Sweetened Flaked Coconut

Preparation:

Combine fruit in a large bowl; stir in sour cream until coated. Fold in marshmallows and coconut; cover and chill overnight.

Yield:

Makes 8-10 servings.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
14823 W. Bell Rd #100  
Surprise, AZ 85374  
623-584-5556  
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

AUGUST 2015

## Facts About Horses

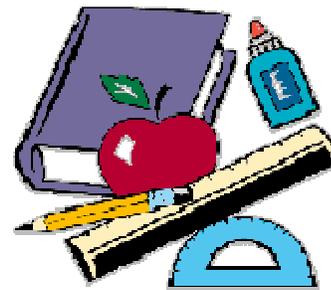
The scientific name for horses is ungulates, which means mammals that possess hooves. Horses can be found almost everywhere in the world because of domestication, with the exception of Antarctica, and have been living on this planet for over fifty million years. Horses first originated in North America before spreading to Europe and Asia. However, horses became extinct in North America around ten thousand years ago, only to be reintroduced to the country by the colonists from Europe. Horses were originally domesticated around 3000 to 4000 BC in Asia, being primarily used for meat and milk before eventually becoming a means of transportation, as with oxen. There are over four hundred different horse breeds. Horses can be as small as just thirty inches and as large as sixty-nine inches from their hooves to their shoulders. They can also weigh as little as 120 pounds and as much as 2,200 pounds. Horses are social creatures that live in herds, usually consisting of between three to twenty animals, with a mature male leading the herd.

## August Dates to Remember

August 2<sup>nd</sup> – Friendship Day  
August 3<sup>rd</sup> – National Watermelon Day  
August 6<sup>th</sup> – Wiggle Your Toes Day  
August 13<sup>th</sup> – Left Handers' Day  
August 16<sup>th</sup> – National Tell A Joke Day  
August 21<sup>st</sup> – Senior Citizens' Day  
August 26<sup>th</sup> – National Dog Day  
August 27<sup>th</sup> – Just Because Day  
August 30<sup>th</sup> – Toasted Marshmallow Day  
August is also: Cataract Awareness Month  
<http://www.aaio.org/>  
Medic Alert Month  
<http://www.medicalert.org/>  
America's Night Out Against Crime  
<https://natw.org/>

## We Need your School Supplies

We will be extending our Fundraiser for the Turn a New Leaf Foundation throughout the month of August. During these months we will be collecting school supplies to help kids in need, get the necessary supplies to thrive in school. This is our second year supporting this worthy organization.



A New Leaf Foundation provides a broad spectrum of support services to help individuals and families succeed. From basic needs to career development to budgeting, A New Leaf focuses on providing the critical skills to achieve lifelong independence. Our clients' successes include employment, healthier lifestyles, enhanced life skills, high school diplomas / GEDs, college degrees, and savings accounts and self-sufficiency.

A New Leaf was founded in 1971. The agency promotes the concepts of "growth, hope, change and new beginnings." Throughout its existence, A New Leaf has remained committed to the mission of "Helping Families . . . Changing Lives,"

Help us support this wonderful organization by dropping your donations in the bins in our reception area. If you would like to learn more, go to <http://www.turnanewleaf.org>