



Is Exercise Equipment Giving You a Pain in the Foot?

In most areas of the country, February tends to be one of the coldest, snowiest, or wettest months of the year. For those who don't want to brave the elements to get in their daily workout, using ellipticals, treadmills, stair steppers, exercise bikes, and other types of systems such as incline walking equipment provides a great alternative.



However, it is also possible that this type of equipment, most particularly treadmills, ellipticals, and exercise bikes can cause an increase in pain in the feet, ankles, and up through the knees.

The problem is not always poor quality equipment; it can happen on the best equipment available. The problem is the repetition of the exact same movement when using these controlled types of devices, leading to biomechanical issues arising.

Issues of Concern

One of the most common biomechanical types of foot pain that occurs with treadmills and other similar exercise equipment is plantar fasciitis. This is often a reoccurring injury that may have been less painful or more tolerable when walking outdoors or even jogging.

This is because the number of steps taken on a treadmill is much higher than if you were jogging naturally outdoors. The speed is consistent, your stride length is consistent, and duration at the same pace is longer than it would be when running outdoors.

Additionally, the change in incline and decline, as well as the change in pace in interval types of training, can put additional strain on the foot and lower leg.

Stretching and Settings

For those with plantar fasciitis, it will be critical to take the time to stretch the foot before exercising as well as throughout the day. This includes using a foam roller or a frozen bottle of water and rolling the bare foot over the top, applying gentle downward pressure.

Use exercises that stretch out the calf muscles as needed throughout the day, including standing with your hands on the wall a full step back, extending one leg further back and then bend into the wall with both knees, keeping the heels on the ground.

When using your treadmill or other equipment, avoid changing the incline dramatically and monitor your speed to avoid repetitive injury. Also, the use of orthotics will often be recommended for running either indoors or out.

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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



He Can't Eat The Soup

An old man walked into a restaurant and ordered a bowl of soup. The waiter brought it out and set it down, but the man just sat there, looking at his soup.

"Is something wrong?" the waiter asked.

"I can't eat this soup," the man said.

"Is it too hot? Too cold? Wrong soup?"

"No," the man said. "I can't eat this soup."

So the waiter went into the kitchen to get the cook. The cook asked the same questions, but the old man just said, "I can't eat this soup."

"Well, let me try it," the cook said. "Where's the spoon?"

"That's why I can't eat the soup."

Tricks and Tips for Google Assistant

The new Google Assistant is a big improvement on the 2012 Google Now and is a new Artificial Intelligence that is more adept at coping with natural language, comes with more of a personality and is also superior in regards to context searches. There are some cool tricks and tips that can help you get the most from the new Google Assistant.

If you possess several Google accounts then the most important tip is to make sure you are using the account that you want to be connected to the new Google Assistant. This will mean that that particular Google Account will be better able to understand your searches and if set up correctly it will also be capable of connecting to other apps including the likes of Google Photos. If you want to ensure that Google Assistant is safe for use by children then under the Voice tab of the Google Assistant Settings menu you can block certain words from searches if you are offended by bad language.

People Management Tips

Most methods of people management are nothing particularly remarkable, and good old fashioned common sense can go a long way, along with some simple pieces of advice.

The simplest advice for managing people is simply to get to know who your people actually are. Managers who rarely even talk to their employees, let alone genuinely connect with them, are going to find it very difficult to motivate them when they have no understanding of their likes, dislikes and aspirations. Knowing your employees gives you a much better chance for establishing an engaging rapport and a sustained level of productivity.

It is also important to make sure that you are communicating with your employees in a clear manner. Vague instructions, obscure objectives and unclear assignments can muddy the waters between managers and employees. Managers able to communicate in a clear fashion in meetings and normal, casual everyday interactions are much more likely to end up with the results they wanted because their employees are clearer as to their ultimate goals.

Looking Good With Better Nutrition

Subclinical inflammation in the human body is influenced by the food that we consume, and good nutrition can counteract the impact of this inflammation by making you lose fat, feel better and look younger in the process.

Sugar intake has a big impact on physical appearance so anyone wanting to look younger should cut back on their intake of sugar.



Sugar inhibits the effectiveness of the collagen in skin cells, resulting in skin that can become wrinkled and sagging.

To counteract this people should not only avoid sweets but stay away from foods that have a high glycemic index rating, such as bananas, corns, peas, carrots and potatoes.

Try to eat fruits and vegetables with a lower placing on the glycemic index and high in vitamins and antioxidants, such as blueberries, broccoli, kiwi, leafy greens, peaches and spinach.

If you fancy having a leaner physique, you need to avoid specific carbs – namely, the high glycemic ones which promote the secretion of insulin. Good choices of fresh vegetables and fruits that have a glycemic rating of less than fifty include cucumbers, pears, peppers and plums.

We now offer antioxidant scanning in our office. Stop by and get your score.

Retain What You've Learned

The process of retaining new knowledge can often be an unpleasant and arduous one, but the good news is that studies have shown that the more difficult something is to learn the more likely it is that that information will be permanently retained in the memory.

One way to make learning more difficult and thus more effective in the long term is to make moves to keep testing yourself without reviewing the material again beforehand.

This is likely to lead to answers that are just guesses, but research has demonstrated that guessing can actually assist with the learning process and the correct answer may be more likely to be retained after being corrected on the wrong answer.

It is also a good idea to not get too carried away.

Research suggests that people can become too confident about what they have learned, only to then end up forgetting it again later on.

People underestimate their tendency to forget things, particularly after some time has passed.



Toddler Travel

Family holidays can be a lot of fun with older children but when your child is a toddler it can be a lot more challenging. The good news is there are a number of tips to help anxious and nervous parents ensure that their toddler's first family holiday will be fun and stress free.



Toddlers are not able to keep up with the same pace as the rest of the family, which makes it vitally important to bring along a lightweight and foldable compact stroller.

Families that are flying to their holiday destination may also find it a good idea to book a flight that is non-stop.

A long period of uninterrupted travel can help a toddler to fall asleep and ensure that they will arrive at their destination full of energy. Choosing an aisle seat is also important as it makes it much easier to cope with a toddler who is restless and who wants to walk around or go to the bathroom.

Packing extra supplies is another good tip and favorite snacks and toys can be a big help.

Check out what's New at Fixing Feet!!

MLS Pain Laser –

Laser Therapy is the use of specific wavelengths of light to treat painful and debilitating conditions. Acute conditions usually subside quickly, typically within one phase of treatments, while chronic conditions can be controlled with regular treatments.



S3 Antioxidant Scanner –

Free radicals in your body contribute to aging and many other health issues. Antioxidants are your first defense against free radicals. Our bodies naturally generate some antioxidants, however new research shows additional sources of antioxidants may provide an added protection against a growing onslaught of free radical invaders. Stop by our office and for a minimal fee, we can run a scan to measure your antioxidant level, and if your level is low, we can present some nutritional options to help improve your level. You can also get more info at our new specialty website - www.fixingfeet.pxproducts.com

Vionic Shoes has just released their new 2017 styles –

Vionic shoes have always been one of the best selling brands of shoes and sandals in our office, and their new styles are even better. Stop by and take a look at the samples in our office. We even have some styles in stock and available for immediate purchase.

We are also now offering Anodyne Shoes in our office –

We have just introduced the Anodyne line of shoes to our already extensive and top quality line of shoes. Stop by and check out our samples. We can place your customized order and usually have delivery in 1-2 weeks.



Financial Tips For New Caregivers

Caregivers helping loved ones suffering from advanced age, disease or injury have a massive responsibility in regards to making the right decisions in regards to money management for those they are caring for, making it important that they prepare for that responsibility accordingly. Financial caregivers have a crucial role to play in allowing their loved ones to live viable and stable lives and it is vital that they understand how to manage their day to day finances in addition to planning for future expenses in order to ensure that all of the needs of their loved ones are met.

One important tip for new caregivers, particularly those who have been given power of attorney and other legal responsibilities such as trustees, is to make sure you are aware of all of the legal ramifications. Make sure that you execute your role better by learning all of the legal responsibilities of the authority you have been given.

Another good tip is to carefully budget, particularly if there is a fixed income or otherwise limited finances to take into account. It is vital for caregivers to act to cut down on unnecessary costs and to budget correctly to make sure that finances are allocated in the correct manner.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

FEBRUARY 2017

Pharmanex Brand Nutraceuticals are now available in our office

Pharmanex is the first brand that was approved to sponsor the US Olympic Team for nutraceuticals, and now it is available to you. Their innovative 6-step approach develops products that are safe, effective, of the highest quality, and exceed government requirements. All claims are supported by scientific evidence. Pharmanex invests heavily into research and development and currently maintains one of the largest laboratories in the industry employing about 100 full-time scientists while collaborating with major academic universities around the world.

Pharmanex offers foundational products to maintain antioxidant health, as well as anti-aging and other targeted supplements all with the goal of improving your health. The Doctors and staff of Fixing Feet Institute are prepared to assist you with recommendations to help you improve your health and lifestyle. Please ask us for more information, or go to our specialty website at www.fixingfeet.pxproducts.com

February Dates to Remember

- February 2nd – Groundhog Day
 - February 4th – World Cancer Day
 - February 5th – Super Bowl Sunday
 - February 8th – Boy Scout Day
 - February 11th – Make a Friend Day
 - February 14th – Valentine's Day
 - February 15th – Single's Awareness Day
 - February 17th – Random Acts of Kindness Day
 - February 20th – President's Day
- February is also: American Heart Month
<http://www.heart.org/HEARTORG/>
Marfan Awareness Month
<http://blog.marfan.org/>
Nat'l Children's Dental Health Month
<http://www.adafoundation.org/>

Help us Support our Troops

During January and February we will again be collecting food, hygiene and recreational items to send to our Military Troops overseas. Just as the last few years, we are again working with "Packages from Home," a local organization that collects items and ships them to our Troops overseas. This organization was begun by a mother whose son was deployed back in 2004, and has grown by leaps and bounds since then.

The mission of Packages from Home is to send care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate the morale of all veterans. You can learn more about this generous organization from their website at www.packagesfromhome.org.

For a complete list of their needs, you can go to their webpage at <http://www.packagesfromhome.org/index.php/donations/things-to-donate/the-list> or contact our office. They will also accept cash donations to help cover postage costs to ship these items to the Troops.

To make it easy for our patients and friends to donate we have placed a box in our waiting room for you to place your donations. Please join us in supporting our troops.