



## The Difference Between Custom Orthotics And Over The Counter Inserts

There are two different options for people experiencing foot, ankle and knee problems to consider when it comes to orthotics. One option is a custom orthotic, and one is an off the shelf or over the counter product.

To understand the benefits of each option and the potential drawbacks, it is important to make a complete comparison. The basic differences include:



- Custom orthotics are designed specifically for your feet. This means the correct fit, options to further refine the fit and the correct level of support exactly where needed given the specific issues.
- Off the shelf products are made all the same with the same level of support, gel, foam or another type of material for every person. Irregular issues with the feet are not addressed.
- Custom orthotics are specifically designed to fit in your shoes.
- Over the counter orthotic supports will need to be cut to match your shoes, leaving you to make the correct adjustments.
- Custom orthotics are more costly than over the shelf alternatives but are designed to be much longer lasting. With the higher priced over the counter options, the continual replacement can quickly add up and end up costing more in the long term.
- Custom orthotics can address even significant biomechanical (movement) challenges and address significant problems such as high arches or flat feet. Over the counter options are not recommended for significant alignment, biomechanical or structural problems of the foot.
- Custom orthotics will take a few days to a week or more to arrive, while over the counter options can be used immediately.
- For individuals with asymmetrical feet or irregular shape to their feet, over the counter orthotics may actually make the pain and discomfort worse rather than better. In addition, the orthotics themselves can create rubbing, blisters and pain in one or both feet.

While custom made orthotics are more expensive, they are also more effective. Your podiatrist can discuss your options and help you to choose the right match for your foot issues.

## October 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



#### Doubling Down

Two friends were watching a movie one night over a few beers.

During a car chase, Joe turned to Mike and said, "I'll bet you \$20 he drives that car off the bridge."

"You're on," Mike said, shaking hands.

Two minutes later, the car went off the bridge, and Mike handed Joe \$20.

A few minutes after that, Joe confessed, "I've got to tell you, I shouldn't have bet you that money. I've seen this movie before."

Mike shrugged.

"Me, too. I just didn't think that driver would be stupid enough to do it again."

# Team Spotlight



## Brittney Woods Patient Care Coordinator

Brittney joined Fixing Feet Institute in July of 2015. Her official title in our office is that of Patient Care Coordinator. Brittney's daily duties include greeting patients with a warm smile, scheduling office and surgical appointments, verifying insurance benefits, answering phones, and helping at the front desk wherever she is needed.

Brittney has been working in the Retail/Customer Service field for over 8 years. The medical field has always been a high interest of hers, and she is excited to begin that journey in our office. She is currently enrolled in college and pursuing her certificate in Medical Billing and Coding.

Brittney is a newlywed who will be celebrating her 2<sup>nd</sup> anniversary with her husband, Derek in December of 2015. They are looking forward to starting a family soon.

Brittney adores traveling, but when at home she enjoys doing yoga and spending time with her family.

“Our goal is to give our patients not only the best customer service, but a legendary experience too!

## Keep The Kids Learning While At Home

Learning does not have to stop when the school day ends. There are many ways to help your children to learn faster at home.

The world itself is a classroom of sorts, and you can explore important concepts right in your own home – for instance, measuring cups that you keep in your kitchen cupboard.



Get your child used to playing games with an educational slant. This not only allows them to learn things but also to grow up with the idea that education is fun. Take the time to visit aquariums and museums with your children, and even the local park can be an education in itself.

Music lessons can also help to round out a child's education and assist with building self-confidence, imparting cultural values, and improving motor skills.

Instruments can be rented from many music stores in order to test out the interest and commitment level of your child, and there are even free music tutorials available online these days.

Music, games, and other activities help keep kids learning all day long and having fun while doing so.

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## Finding Joy In Work

Work can too often seem like a drain on our energy and existence, but it does not have to be that way.

Work can actually be a source of joy, and there are a few helpful tips that can assist you with finding the joy in your own employment.

One of the most important tips is to find out what gives you motivation and passion and work on that.

You are obviously going to do a better job if you are working on something that you actually care about.

You should also never give up. Failure should never deter you, as sooner or later you will succeed in whatever it is you are trying to achieve. Also important is learning to manage your time, as deadlines are likely to be crucial – the end result has to be delivered on time.

It is a very good idea to keep an open mind and attempt to learn as much as possible from managers, supervisors, and colleagues. Do not be afraid, however, to listen to your own instincts



## Health Tips To Ignore

Many people are so concerned about their health these days that they cannot get enough of health tips. However, not all health tips are created equal and some are just plain fraudulent. These false tips can range from useless if harmless to even being potentially dangerous.

One health tip not to pay too much attention to is the claim that it is unhealthy to eat after 8 o'clock in the evening. The reality is that time has little to do with unhealthy eating. Unhealthy eating is about eating unhealthy food and inactivity, not the time of day that you eat.

Another unnecessary tip is to take lots of supplements. In truth, supplements are only needed if we are not getting the necessary amount in the ordinary food we eat, and the best response if this is the case would be to change your diet for the better.

Despite common advice to the contrary, snacking between meals is not necessarily a bad idea.

Eating healthy snacks between meals allows the energy gained from the food to flow through your bloodstream, and since many snacks contain salt, they also help to maintain an adequate blood sugar level.



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## Moving Toddlers Onto Normal Foods

Babies should move onto normal family foods from the age of nine months through to one year old, and the sooner this can be done, the better for everybody it will be.

Family foods are perfectly fine for a baby that is weaning so long as sugar and salt levels of that food are kept relatively low.

Making the transition to normal family foods does not have to be difficult or traumatic.

Toddlers should eat three primary meals, as well as a couple of snacks throughout the day, and you should begin to alter the constituency of the food from being roughly mashed to just being chopped up.

Foods should also be served separately so that the child can begin to visually tell the difference and begin to associate them with particular tastes. Children who are already able to manage finger foods can be tried on bite-sized pieces.

Cut down on processed and packet foods to avoid excess salt, but remember that infants require more fat in their diet than is the case with adults and only offer dairy foods that are full fat.



## Recipe Corner



### Cheddar Chicken Spaghetti

#### Ingredients:

- 1 Pkg (7 oz) Spaghetti, broken
- 2 Cups cubed cooked Chicken
- 2 Cups (8 oz) shredded Cheddar Cheese
- 1 can (10 ¾ oz) condensed Cream of Chicken Soup
- 1 Cup Milk
- 1 Tbls Diced Pimentos – Optional
- ¼ Tsp Salt
- ¼ Tsp Pepper

#### Preparation:

Cook spaghetti according to package directions. Meanwhile, in a large bowl, combine the chicken, 1 Cup of Cheese, soup, milk, pimentos, salt & pepper.

Drain spaghetti; add to the chicken mixture and toss to coat.

Transfer to a greased 13" x 9" baking dish. Sprinkle with remaining cheese.

Bake, uncovered, at 350 degrees for 20-25 minutes or until heated through

Courtesy of [www.tasteofhome.com](http://www.tasteofhome.com)



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**A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS** **OCTOBER 2015**

## Space Truths

Space is a big subject, and there are a number of misconceptions that many people regard as facts about space and space travel. One interesting fact is that, regardless of what you might think, the sun is in fact not actually yellow; nor is it red or orange. The sun is basically all kinds of different colors mixed together that actually looks white to human eyes, as photographs taken in space demonstrate. You will not explode or freeze in space without a protective suit. You would not immediately lose consciousness, and your blood would absolutely not boil. However, you would suffocate if you stayed in the vacuum of space for more than thirty seconds. The Great Wall of China cannot be seen from space. In fact, no man-made object can be seen from outer space. However, you can see one living thing from space: the Great Barrier Reef in Australia – not surprising considering it is more than fourteen hundred miles across.

## October Dates to Remember

- October 9<sup>th</sup> – Fire Prevention Day
- October 12<sup>th</sup> - Columbus Day
- October 14<sup>th</sup> – National Dessert Day
- October 16<sup>th</sup> – Boss’s Day
- October 22<sup>nd</sup> – National Nut Day
- October 24<sup>th</sup> – Make a Difference Day
- October 25<sup>th</sup> – Mother-In-Law’s Day
- October 29<sup>th</sup> – Hermit Day
- October 31<sup>st</sup> – Halloween
- October is also: Nat’l Down Syndrome Awareness Month  
<http://www.ndss.org/>
- Breast Cancer Awareness Month  
<http://www.cancer.gov/types/breast>
- Domestic Violence Awareness Month  
<http://nomore.org/about/>

## Help Us Support the Leukemia & Lymphoma Society

We have made a commitment to support The Leukemia & Lymphoma Society’s (LLS) Light The Night Walk.

Light The Night Walk is LLS’s annual walk and fundraising event and the nation’s night to pay tribute and bring hope to people battling cancer.

As you may know, Sara, our Financial Director is a Leukemia Survivor. Sara was one of the lucky ones and she went in to remission quickly following her treatment, and has remained in remission for over 13 years now. She has been giving back to the Leukemia and Lymphoma Society ever since by participating in this walk each year and by being a patient advocate, to help newly diagnosed patients to give them hope. We at Fixing Feet Institute are forming a fundraising team again this year to help Sara in her effort to give back.

For more info contact our office, or to donate online, visit <http://pages.lightthenight.org/az/Phoenix15/FixingFeetInstitute>

