



Strengthen Weak Ankles to Eliminate the Wobble

Most people have had the experience of rolling or turning an ankle. This often results in an intense, shooting pain that prevents placing any weight on the foot for a few seconds to a couple minutes.

Unfortunately, some people are more prone to rolling their ankles and may feel as if their ankles are wobbly or unsteady when they walk.



This can be a sign of specific conditions of the foot or ankle and should be examined by your podiatrist. In most cases, the feeling of weakness and instability in the ankles can be corrected with some simple and easy routine strengthening exercises.

- **Balancing act** – Any type of pose or position that challenges your balance will be helpful to strengthen the lower leg and ankle and foot. Stand close to a wall, so you are looking down the length of the wall, not toward or away from the wall. Bend one knee and bring it up to hip level, or as high as you can. Hold that position as long as possible, using the wall to stabilize yourself if you feel wobbly. Repeat on the other leg. The goal is to hold the leg increasingly higher and for longer while using the legs for balance.
- **Walking on your heels** – Start by raising your toes off the ground so only the ball of your foot and heel are in contact with the floor. Try to walk across the room on your heels only, keeping the ball of the foot and the toes in the air.
- **Hopping** – Try holding one leg off the ground and hopping on the other. Just take small lifts at first, gradually getting higher and continuing the hopping exercise as you feel stronger and more stable. Use the foot to push up and off the ground, do not swing your arms. Work up to doing 30 or so reps on each leg.
- **Calf stretching** – Stand behind a chair or couch and place your hands lightly on the back. Roll your feet forward until you are on your toes and hold in that position for the count of three. Roll back and repeat. Once you are comfortable, try doing these calf raises without the need for the chair for balance.

Keep in mind that strengthening your entire lower body will help to stabilize your ankles.

Start with modified exercises until you feel confident in progressing to more challenging options.

October 2017

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

Groan If You've Heard These

Who can resist a good pun—or a terrible one?

Here are a few guaranteed to make you crack a smile—or someone's head:

- She was only a whisky maker, but he loved her still.
- What would you get if you threw a hand grenade into a French kitchen? Linoleum Blownapart.
- He wondered why the baseball kept getting bigger. Then it hit him.
- How does a backward poet write? Inverse.
- Don't join dangerous cults: Practice safe sects.

Parental Tech Tips

Technology is a big part of life in the 21st century, and many parents can be unsure how to deal with its ubiquity in relation to their children. The good news is navigating the digital age and understanding the way in which children interact with technology can be achieved by keeping a clear head and following some simple advice. The first thing you need to do is work out exactly what kinds of technology are being used by your kids as well as the popular games and websites they are into. You need to find this information out for yourself rather than just relying on media information and the more tech savvy you are in general, the better equipped you will be to help your children as they get older. You should never outright ban the use of devices. The internet is always going to be there, and outright banning your child from using it is a terrible idea. Your child will use the internet one way or another, and rather than stick your head in the sand while they find out about it from other people, the best option by far is for you to be the one to guide the manner in which they use it. Set rules, stay engaged and treat the use of media by your child in the same way as other aspects of their lives.

Headlines To Get Readers

There is a continuous stream of stories on social media sites, making it more and more difficult to draw new readers. Sharp headlines that immediately resonate with readers are a great way to cut through the noise. Headlines that explain the news are an excellent method for drawing readers. People naturally want to learn about information that is useful to them and to stay informed with what is happening in the world. Action is important in regards to headlines, so make sure you make use of vivid verbs while adding a sense of urgency and a way for readers to relate to the story with recognizable names, organizations or places. People frequently have emotional and sometimes even quite visceral reactions to the stories they read on social media, so it is a good idea to consider that fact when formulating the headline to your content. It is also important to sometimes ask questions with your headlines, while avoiding the type of questions that can appear to be nothing more than click-bait.

Helping the Elderly With Nutrition

A balanced diet is vital for our happiness and overall health, but ageing loved ones can often find it difficult to achieve. Some elderly people lose the motivation for preparing healthy meals, are unable to consume large meals, or may even completely lose their appetite and interest in food in general, possibly because of illness.



However relatives concerned their elderly loved one are not getting the nutrition they should be can help with the situation. If the person in question is tired or unwell, you can assist with food preparation or even prepare entire meals in advance.

If available in the local area, Meals on Wheels could also be a viable option, so ask for more information from your local council.

Those elderly people who find it difficult to eat large meals in one sitting would probably be better off consuming smaller meals at different times of the day, making it far less daunting.

If you notice a sudden loss of appetite in an elderly relative, talk to their GP.

How To Get Excited About a Boring Subject

Studying is never easy, but having to study a subject that they find agonizingly boring can sap the motivation of even the most dedicated of students.



The good news is there are ways to make studying a boring subject more exciting, or at least tolerable.

One method of alleviating the ordeal of studying a dull subject is to do so in short rather than long sessions, and to give yourself rewards when you successfully complete said sessions.

This is a proven method, known as the Pomodoro technique, to overcome the inherent physical discomfort that is caused by studying a subject the student finds boring.

It is also a good idea to cut yourself some slack and not think that you are stupid just because you fail to understand something on the first attempt.

Not understanding a subject to begin with is actually entirely normal.

Practice and sleep are also a good way to let those little chunks of learning be amassed by your brain, helping you to become better at solving problems connected to a difficult subject.

Job Hunting Tips

Job hunting can be a trial, particularly when you are trying to find work in a particularly competitive industry.

The good news is there are some helpful tips you can follow to both get noticed and then ensure you get the job you want.



One good tip is to avoid the blind sending of resumes and try to make use of your existing network. Being warmly introduced by a trusted source is always going to make a better impression on a potential new employer than an impersonal resume submission.

If you don't have a contact at a company you are particularly interested in already, try to make one with the use of LinkedIn or your old university alumni association.

The job interview itself is of course incredibly important. In addition to the normal sensible advice about presentation and confidence etc, it is vital to do as much work as you possibly can in regards to the company, its employees and products and services, and maybe even its customers.

Putting in the hard work for the interview shows the kind of worker you are likely to be when hired, making that eventuality much more likely.

How To Get Inspired

Inspiration is a vital element of life but getting inspired can sometimes seem to be easier said than done.

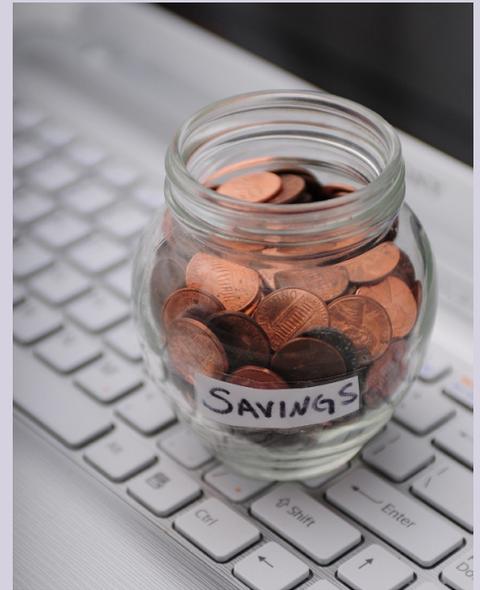
The good news is there are actually methods that you can utilize in order to give a helping hand to find inspiration instead of just waiting for it.



A very fine method of inspiring yourself is to learn a number of different creative thinking techniques. Creativity can actually be learned and developed with practice.

If you learn how to sharpen your skills in creative thinking, your subconscious mind will be able to find inspiration almost everywhere. Make use of self-talk such as the likes of "I am creative", and you soon will be.

It is also a good idea to start using more "out of the box" type thinking on a regular basis. Stretch your imagination and never be afraid to challenge assumptions by taking a different view of things. Try to reframe problems in order to break them down into components, thus allowing you to reassemble them in a different fashion.



Saving Tips

Planning for the future in regards to finances can be difficult but there are some helpful tips that can make it easier to set and reach goals for your savings.

When it comes to financial planning it is vital to take stock of exactly what it is you are going to be working with going forward.

This includes taking into account whether you have one or two salaries to play with, unavoidable monthly responsibilities and at least a modicum of "fun money".

Ten percent of your overall net salary is usually seen as a good starting point for savings.

It is also a good idea to start living as though you are earning less than you actually are.

You will have to do this anyway if you intend to save ten percent of your salary, but while choosing to live in a frugal manner may need some sacrifices, in the long term the move will give you a greater degree of sustainable finances in the years to come.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR PATIENTS

OCTOBER 2017

Do your feet stink?? Well Japan now has a way to know for sure.

If you don't dare to ask a friend, one Japanese start-up might have the answer with a new robot dog that will sniff your feet and give you a pitilessly honest verdict, even fainting if the stink is especially strong. Hana-chan, a play on the Japanese word for "nose" and a common girl's nickname is a helpful little robot mutt who will bark if she detects moderately whiffy toes, but will keel over if the pong is particularly pungent. The 15-centimetre (6-inch) dog, equipped with an odor detection sensor for a nose, also sprays air freshener to resolve the situation if the aroma is unbearable.



October Dates to Remember

- October 9th – Columbus Day
 - October 11th – Take your Teddy Bear to Work Day
 - October 13th – World Egg Day
 - October 14th – National Dessert Day
 - October 16th – National Bosses Day
 - October 22 – Mother-In-Law Day
 - October 24th – National Bologna Day
 - October 28th – Make A Difference Day
 - October 30th – National Candy Corn Day
 - October 31st – Halloween
- October is also: Breast Cancer Awareness Month
<https://ww5.komen.org/>
 Nat'l Downs Syndrome Awareness Month
<http://www.ndss.org/>

Help End Breast Cancer

During the month of October, Fixing Feet Institute will be participating in a fundraiser with Susan G. Komen to help raise money and awareness of Breast Cancer that effects 1 in 8 women during their lifetime.

Our office has set a goal to raise \$2000 and is taking a step towards a world without Breast Cancer.



We Can't do it Alone – We Need your Help !

Please take a moment to visit our team fundraising page (listed below) and give a gift today. Your donation will be making a big difference in the fight against breast cancer.

Your gift will help Susan G. Komen provide education, screening and treatment program for women and men I our community and support cutting edge research so that one day we can live in a world without breast cancer.

<http://www.info-komen.org/goto/fixingfeetinstitute>