



Are Weak Ankles Tripping You Up?

Many people, even those who are avid runners and athletes, struggle with the common problem of weak ankles. Weak ankles can be caused by any number of issues including structural abnormalities, repeated injuries and strains that are not given time to heal, and sometimes through disease that impacts the joint structure.

Weak ankles are correctly known as chronic ankle instability. It can take on several different forms but most commonly the rolling under of the foot during a stride, which may also be called turning the ankle. This is virtually always on the outside of the foot, with the foot rolling inwards.

Typically symptoms of chronic ankle instability include slight to moderate pain on the outside of the ankle and foot, swelling and bruising on the outside of the ankle, and the inability to maintain the correct position with the ankle. For some people, this is only an occasional problem while for others the wobbly feeling and rolling over of the foot can happen very frequently.

To help naturally strengthen weak ankles first see your podiatrist and ensure there isn't any structural damage that needs to be treated with physical therapy, orthotics, or even surgery. Then, consider the following strengthening exercises:

- Trace the alphabet – while in a comfortable seated position, lift your foot and put light pressure on the toes to the floor. Imagine you are printing the alphabet with your foot, rotating your ankle and not your knee to form the letters.
- Up and down – standing on end of a step with the balls of the feet securely on the step and the heels over the edge, raise and lower your body using your ankles for the lift and lower movement. Use the handrail to provide balance and support.
- Toe raises – while seated place your feet flat on the floor in front of you, knees bent. Push down gently with your hands on your knees at the same time lifting your toes as high up into the air as possible. Repeat for three sets of ten.
- Walk around – on a level surface and with care, walk around a room or area focusing on your ankle and foot placement. Walk on your toes for 5 paces then on your heels for 5 paces. Keep alternating and increasing the number of paces as your strength develops.

It is critical to have your ankles checked before starting any strength building exercises and you may also want to consider physical therapy to help get started.



SEPTEMBER 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



Trapped!

An elderly golfer showed up at the course one morning without a partner. The pro agreed to play 18 holes with him, and asked him what kind of a player he was.

“Not too bad, I guess,” the old golfer answered. “But I have a little trouble getting out of sand traps.”

They played a close game, and the older gentleman managed to avoid sand traps until they reached the 18th hole. His shot to the green dropped into the trap, and he'd have to sink his ball into the hole with just one shot to win the game.

The pro watched as the elderly golfer carefully stepped into the trap, looked the situation over, and swung his club. To the pro's amazement, the ball went right into the cup.

“Great shot!” the pro said. “I thought you said you have trouble getting out of sand traps?”

“I do. Could you give me a hand, please?”

Team Spotlight



Brian Bragg Practical Technologist in Radiology

Brian joined Fixing Feet Institute in June of 2015, as a Practical Technologist in Radiology. He is licensed to take and develop X-rays along with other Medical Assistant duties. In addition to taking X-rays, his daily duties include greeting and rooming patients, setting up rooms for procedures, preparing patients for treatments, stocking rooms and keeping inventory of supplies.

Brian recently attended Bryman School where he obtained his training in Radiology and Medical Assisting. While in school he achieved Perfect Attendance and made Honor Roll.

Brian has been married to his lovely wife for 13 years. They have an 18 year old son and a 12 year old daughter. In his spare time, Brian loves to play golf and video games.

“I strive to make every person feel at home and at ease, and thankful that they came in.”

Become a More Active Family

Physical activity is very important for both children and adults alike, and families that are active together will all benefit. Children need at least an hour of physical activity every day, with adults requiring around two and a half hours per week.



Fortunately, there are some good tips that can help your family to become more active.

Setting specific times for activities is a very good idea.

Select particular times during the week when everyone in the family is available and devote at least a couple of these periods to physical activity.

You might also want to start off the weekend with such activities after dinner.

Another good idea is to include work that needs to be done around the house. Children can get involved with active chores such as yard work or helping their parents planting, raking, vacuuming, or weeding.

It is also smart to plan activities that do not depend on facilities or equipment being accessible, such as walking, jumping rope, dancing, jogging, or playing games of tag.

Work Health Advice

Taking a break at work to engage in some kind of physical activity is very important for your health, but frequency is actually more important than duration, according to experts at Kansas State University.



When people remain seated for long periods of time, the body deactivates an enzyme known as lipoprotein lipase that helps with the consumption of fat and its conversion into energy.

A sedentary lifestyle can result in this enzyme being deactivated permanently, preventing people from using the fat in their bloodstreams as fuel.

Long periods of sitting can also increase circulating triglycerides and cut down on insulin sensitivity, which can both result on long term poor chronic health.

The good news is that just a few changes to your daily work routine can prevent such health problems.

At least once every hour you should stand up for a while or take a little walk. Frequent interruptions to your sedentary lifestyle are the main factor of importance.

Social Media and Vacations

Although people may often be tempted to post photos of themselves on social media while on vacation, doing so increases the chances that your home will be broken into while you are away.

A new survey of Nationwide Insurance says that fourteen percent of people on vacation use social media to post photos and updates on social media sites such as Facebook and Twitter, with that figure rising to forty-one percent for those aged between eighteen and thirty-four years old.

TIME Magazine claims that up to seventy-eight percent of burglars make use of social media to find their next target for a break-in.

People going on vacation should resist the urge to tell everyone on social media and only post photographs and the like after you have returned home.

It is also a good idea to disable the settings that identify your location on laptops, smartphones, and tablets to prevent your location from being revealed if you do make a social media post at any time while you are on vacation.



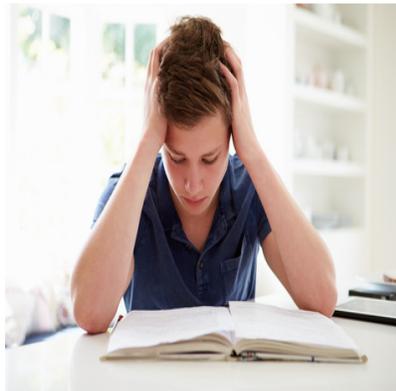
How To Learn Skills Faster

The ability to learn new things quickly is a crucial skill, especially in today's fast-paced world. In order to successfully master a new skill, one of the most basic things we need to do is seek advice from those that have already done so.

If you can gain advice from someone who is already doing what you want to do, you will be able to get the same results by learning their methods, regardless of age, background, or sex.

Another vital piece of advice is to put an end to multitasking. Multitasking is actually one of the biggest obstacles to learning things more quickly, keeping us constantly distracted with other things and making it much more difficult to focus on learning something new with the same level of focus and passion.

Keeping a sense of commitment is also vital. When we start a new project, we are excited by the thrill of a new challenge, but that thrill can fade before too long, which is why many people quit before they have finished. It is important to push through that drop in the thrill factor in order to successfully complete your learning.



Recipe Corner



Broccoli Cheese Bites

Ingredients:

- 1 (16oz) Pkg Frozen Chopped Broccoli,
Thawed and drained of any liquid
- 1 ½ Cup Grated Cheddar Cheese
- 3 Eggs
- Salt & Pepper
- 1 Cup Seasoned Italian Breadcrumbs

Preparation:

Mix all ingredients together in a large bowl.

With your hands, form small patties and lay on a parchment lined baking sheet.

Bake at 375 Degrees for 25 minutes, turning the patties after the first 15 minutes.

Let cool and enjoy!!

Courtesy of www.staceysnacksonline.com



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

SEPTEMBER 2015

Upcoming Holiday Events

Although we are dedicating September and October to raising funds for the Leukemia and Lymphoma Society, keep in mind that beginning in November we will start our annual Food Drive for the West Side Food Bank, and in December, we will again be collecting toys for the Phoenix Children's Hospital.

As the time gets closer we will distribute wish lists from these organizations, so that we can collect the items they really need.

We have lots of fun things planned for the next few months and hope you will join us.

September Dates to Remember

September 7th – Labor Day
September 9th – Teddy Bear Day
September 11th – 9/11 Remembrance
September 13th – Grandparents Day
September 16th – Working Parents Day
September 18th – National Cheeseburger Day
September 19th – Talk Like a Pirate Day
September 25th – National Comic Book Day
September 28th – Ask a Stupid Question Day
September is also: Blood Cancer Awareness Month
<http://www.lls.org/>
Prostate Cancer Awareness Month
<http://zerocancer.org/>
Baby Safety Month
<http://www.jpma.org/>

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>

