For outdoorsy types, fall and winter are ideal seasons to work out in the elements—from hiking and biking to skiing and snowboarding. They’re also a big time for seasonal sports—like football, soccer, field hockey, and basketball. Whatever your passion, exercise caution. Being hard on ankles and feet may make them frequent areas of injury. Awareness of common injuries can be vital to both injury prevention and improved performance.

“The foot is at risk for developing pain from overuse or injuries from falls and twists,” notes orthopaedic surgeon Steven Casey, MD, who subspecializes in foot and ankle problems. “Common injuries are overuse problems, such as Achilles tendonitis, heel pain, ankle sprains and strains, and stress fractures.”

With adequate preparation and proper equipment, most injuries can be prevented. Dr. Casey recommends maintaining an adequate, year-round fitness level to avoid seasonal sports injuries. He also says proper warm-up and cool-down exercises before and after activities can lower the risk of injury.

Frequently, treatment of injuries to the foot and ankle require activity modification along with a brief rest period. Cross-training activities—including swimming, cycling, or upper body-strengthening activities—allow you to remain in peak condition while an injured body part heals.

“Foot and ankle injuries that haven’t properly healed are more likely to lead to chronic problems,” says Dr. Casey. Continued inside...

Kale is a highly nutritious leafy green and an excellent source of plant-based calcium. Jumpstart your day with a powerhouse smoothie!

**PIÑAÑE-KALE SMOOTHIE**
1 cup fresh pineapple, chopped
1 medium apple, cored
2 cups kale, chopped
8 ounces of filtered water

Calories: 244 | Fat: 1g (grams) | Protein: 6g | Carbs: 60g | Calcium: 18% | Iron: 3.0 mg | Vitamin A: 683% | Vitamin C: 276%

**BANANA-ORANGE-KALE SMOOTHIE**
1 medium banana, peeled
1 orange, peeled
1/2 teaspoon fresh ginger, grated
2 cups kale, chopped
8 ounces of filtered water

Calories: 241 | Fat: 2g (grams) | Protein: 7g | Carbs: 58g | Calcium: 21% | Iron: 2.8 mg | Vitamin A: 701% | Vitamin C: 282%

Add liquid to your blender first, followed by soft fruit. Add greens last. Blend on high for 30 seconds or until the smoothie is creamy. Enjoy!
Treat acute ankle sprains with RICE: Rest, Ice, Compression, Elevation.

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Get Your Foot in the Door ...with a FOOT SPECIALIST

Podiatrists and orthopaedists are doctors who specialize in treating foot and ankle problems. Both types of physicians are trained in conservative and surgical care, and are focused on the latest curative wound management techniques. But which conditions require a visit to a foot specialist? Consider seeking out a podiatrist or orthopaedic specialist if you have any of these problems:

- A wound or sore that does not heal
- Pain that increases with activity
- Foot discoloration
- Ongoing pain and swelling in the foot or ankles
- Numbness, burning, or tingling in the feet or toes
- A deformity that progresses suddenly
- Arch of one foot flattens
- A lump or bump that grows or hurts

Many women know that fashion can hurt—especially when it comes to your feet. Wearing high-heeled shoes can force feet into an unnatural shape, causing pain and long-term foot damage for women who frequently wear them. Among the more common problems foot specialists say they see in women due to high heels are calluses and corns caused by increased pressure on the skin. Other issues include painful inflammation of the joints where the toes attach to the foot and pinched nerves from pointy toe boxes.

Frequently elevated heels can lead to other long-term conditions, like Achilles tendonitis or plantar fasciitis. Wearing high heels can also disrupt the normal “S” curve of the spine, making it difficult to maintain good posture. With all of the body’s weight on the forefoot, the bottom half of the body leans forward so the top half must lean back— flattening the lower spine and displacing the mid-back and neck.

Orthopaedic specialists and podiatrists are now using X-rays and 3D scans to see how bones of the foot and ankle actually function in high heels. Scans often show the ball of the foot at a nearly 90-degree angle to the bones in the rest of the foot. By wearing a high heel, the position of the foot and how the foot is meant to function are altered—often to the detriment of the wearer.

Looking for ways to stomp out high-heel foot pain? Join Grand View’s orthopaedic specialists for a LADIES NIGHT OUT before the upcoming holiday season you have on the run.

KNEE REPLACEMENT OPTIONS FOR WOMEN
6:15 - 7:15 pm
Paul Weidner, MD, orthopaedic surgeon
Janice Hunzberger, RN, Joint Replacement Center Coordinator

ALLEVIATING KNEE & FOOT PAIN
7:30 - 8:30 pm
Steven Carey, MD, orthopaedic surgeon
Henning’s Market (upstairs) in Harleysville
Registration required
To register, call 215-453-4300 or visit www.gvh.org.