



# Premier Podiatry & Orthopedics

December Newsletter 2023

## Keeping Your Feet Hydrated During Winter - Essential Tips

As the winter season takes hold, our feet often face the challenges it brings. Dry and cracked skin can not only be uncomfortable but may also lead to more serious issues if not promptly addressed. In this portion of our newsletter, we focus on maintaining well-hydrated feet during winter with essential tips.

### Hydration is Key

Hydrating your feet regularly, particularly the heels and soles, is crucial during the winter months. It is highly recommended to invest in a high-quality foot cream that contains nourishing ingredients such as shea butter or glycerin. These elements provide intense moisture, preventing dryness and promoting overall foot health.

### Internal Hydration

While external care is essential, internal hydration is equally vital. Ensure overall hydration by drinking plenty of water throughout the day. Additionally, incorporating foods rich in omega-3 fatty acids into your diet can contribute to skin hydration from within. This holistic approach ensures that your feet are cared for both externally and internally.

### Footwear Matters

Choosing the right footwear is a crucial aspect of winter foot care. Opt for breathable shoes and moisture-wicking socks to prevent excess moisture buildup. Tight-fitting shoes should be avoided, as they can exacerbate dryness and discomfort. By prioritizing the selection of appropriate footwear, you play a pivotal role in maintaining the health of your feet during the colder months.

### Gentle Exfoliation

Regularly exfoliate your feet to remove dead skin cells and promote skin renewal. However, exercise caution not to overdo it, as excessive exfoliation may worsen dryness. A gentle exfoliation routine helps to keep your feet soft and supple, contributing to their overall well-being.

Remember, caring for your feet is a commitment throughout the year, and these tips can significantly contribute to their health and hydration, especially during the winter months.

### When to Contact Us

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# Ensure Your Orthopedic Well-being During Festive Activities

The holiday season brings joy and excitement, but it's also a time when orthopedic injuries tend to rise. From decorating the house to engaging in winter sports, prioritizing safety is crucial. In this part of our newsletter, we provide valuable insights on preventing orthopedic injuries during festive activities.

## Stable Decorating Practices

When decorating for the holidays, prioritize stable ladders or step stools for accessing high areas. Avoid overreaching and ensure a stable base while hanging decorations to reduce the risk of falls and injuries. By incorporating stable practices, you can create a festive atmosphere while maintaining safety.

## Take Breaks Wisely

Engaging in holiday activities such as wrapping gifts or cooking may involve prolonged periods of activity. Remember to take regular breaks to prevent muscle and joint strain. These breaks allow your body to rest and recover, reducing the likelihood of injuries during festive preparations.

## Prepare for Winter Sports

For those planning to partake in winter sports during the holidays, it's essential to warm up your muscles beforehand. Incorporate stretching exercises to improve flexibility and reduce the risk of strains and sprains. A proper warm-up routine ensures that your body is prepared for the physical demands of winter sports.

## Lift with Caution

Holiday activities often involve lifting heavy packages or gifts. To prevent orthopedic injuries, use your legs, not your back, when lifting. Bend at the knees and keep the object close to your body to minimize strain on your back and joints. Implementing proper lifting techniques is essential for safeguarding your orthopedic well-being.

By incorporating these safety measures into your holiday routine, you can fully enjoy the festive season without compromising your orthopedic well-being.

## When to Contact Us

If you encounter any discomfort, or pain, or suspect an orthopedic injury during your holiday activities, reach out to our orthopedic specialists promptly. Your well-being is our priority, and we're here to assist you in maintaining a healthy and injury-free holiday season.

## December Holidays and Important Dates

### **12/15: Bill of Rights Day**

Celebrating the ratification of the first ten amendments to the U.S. Constitution.

### **12/21: Winter Solstice**

The winter solstice marks the shortest day and longest night of the year in the Northern Hemisphere.

### **12/25: Christmas Day**

A widely celebrated holiday commemorating the birth of Jesus Christ.

### **12/31: New Year's Eve**

The last day of the year, marked by festivities and celebrations as people welcome the upcoming year.