



# Premier Podiatry & Orthopedics



May Newsletter 2023

## Podiatry: Get Your Sandals for Summer!

With warmer weather and summer around the corner, it's time to take stock of your wardrobe, and that includes your footwear. If you're planning to buy new summer sandals, we recommend investing in a high-quality pair that will complement your style while providing the support and comfort your feet deserve as you embark on all your summertime adventures.

### Why Should You Pick a Good Pair of Sandals?

Picking a good pair of sandals for your feet can be compared to picking a good mattress for your bed. You wouldn't want to sleep on a mattress that might hurt your back, so why buy a pair of sandals that could hurt your feet? A cheap pair of sandals might also hurt your ankles, knees, hips, and back!

So, before you purchase any new footwear, consider what makes a good sandal so that you can make a sound investment for your feet and, in turn, your overall well-being.

### What Makes a Good Sandal?

The best sandals on the market are stylish, comfortable, breathable, and made of durable materials. Whether you're shopping in-person or online, we're confident you'll find sandals that meet all these criteria—and stay within your budget!

**Supportive, Not Flimsy:** Your sandals should feel supportive, not flimsy. Characteristics of a flimsy sandal include thin soles, weak straps, and limited traction.

**No More Than a 2-Inch Heel:** Going beyond a 2-inch heel height could increase your risk of foot pain, injuries, and falls. If you're looking for a pair of sandals with a heel, a 1-inch heel should give you the lift you want without putting too much stress on your toes or the rest of your feet.

**Durable Materials, Not Cheap Plastic:** Summer sandals are made using various materials, including cheap plastic and thin rubber. While these materials make it possible for the sandals to be sold at an inexpensive price, you're bound to find that they wear out rather quickly. Instead, look for sandals made of leather, cork, or canvas, which are more durable and stand up better to regular wear.

**Fits Your Arch and Foot:** Always pay attention to the fit and arch support of your footwear. Adequate arch support will prevent foot fatigue and improve your overall stability. A properly fitting sandal should feel snug – not too tight or loose – while matching your arch type as much as possible.

**Cushions the Heel:** Since the heel is a sensitive area, we recommend purchasing summer sandals with ample heel cushioning. Heel cushioning will ensure that your feet remain comfortable throughout the day, whether you're off to the beach or exploring the city.

# Orthopedics: Don't Run Away from Your Knee Pain!

Running is a fantastic way to stay fit and active, improve your mental health, and enjoy the beauty of your surroundings. Despite how rewarding this high-impact exercise is, it's important to keep in mind that running increases your risk of sustaining knee injuries due to the significant amount of stress it places on this large, complex joint.

## Common Knee Injuries Among Runners

While your knees are incredibly strong, running involves the repetitive motion of your feet hitting the ground, which causes wear and tear on your knee joints as well as the muscles, ligaments, and tendons surrounding them. Common injuries among runners include runner's knee, jumper's knee, and IT band syndrome, just to name a few.

## How Can You Protect Your Knees?

It's worthwhile to take precautionary measures that will protect your knees from running injuries both now and in the future.

### Invest in Proper Footwear

The best running shoes on the market will be lightweight, offer ample cushioning and support, and feature good traction. The shoes should also fit you well—not too loose, not too tight.

### Strengthen Your Lower Body

Strength-training exercises help strengthen your knees and lower body. These exercises include squats, lunges, leg presses, and calf raises. Also, don't forget to stretch/warm up before each run.

### Give Your Knees a Break

Give your knees a break from running by incorporating other exercises into your fitness routine. Low-impact exercises such as walking, cycling, yoga, and swimming are all great options.

### Listen to Your Body

If you are on a run and begin to experience mild to severe knee pain, stop and rest. Never push through the pain, which could exacerbate running injuries.

## How Can We Help with Knee Pain?

If you have knee pain or have sustained running injuries, take comfort in knowing that we can help! Our trusted, friendly, and well-respected team of doctors can evaluate your knees and lower legs in order to diagnose the cause of your pain. Once an accurate diagnosis is made, we will create a thorough, customized treatment plan designed to alleviate your pain and restore your mobility.

## Are You Ready for Summer and Warm Weather?

This summer, make sure you spend time enjoying the beautiful outdoors! Do not let pain ruin it, but instead, get the help you need now. If you're experiencing foot, ankle, knee, hip, or shoulder pain, give our offices a call. Let us get you ready to make this the best summer ever!

We just want to end our May 2023 newsletter by saying Happy Mother's Day to all the moms out there. We also want to wish everyone a Happy Memorial Day and want to thank everyone who has served in our military. May we never forget those we have lost.