



Premier Podiatry & Orthopedics

September Newsletter 2023

Podiatry: Turf Toe and Fall Sports

As the fall season approaches, athletes and enthusiasts gear up for exciting field sports like football and soccer. However, amidst the thrill and competition, it's essential to be aware of potential injuries that may occur on the field. One such injury that often affects players is "turf toe."

Understanding Turf Toe

Turf toe refers to a sprain of the ligaments around the base of the big toe joint. It usually occurs when the toe is hyperextended, often from sudden stops or changes in direction during sports activities. Athletes who play on artificial turf surfaces, which are prevalent in football and soccer, are particularly susceptible to this injury due to the firm and unforgiving nature of the turf.

Turf Toe in Fall Sports

Football and soccer are high-intensity sports that involve rapid movements, sudden stops, and quick changes in direction. These actions put significant stress on the toes, especially the big toe, making players vulnerable to turf toe. In both sports, players often wear cleats with minimal cushioning, which can increase the impact on the toes during play.

Prevention and Management

Preventing and managing turf toe requires a combination of awareness, proper equipment, and care:

Footwear Selection: Invest in well-fitting and supportive athletic shoes or cleats that offer adequate cushioning for the toes. Shoes with a slightly stiffer sole can help stabilize the toes during sudden movements.

Proper Warm-up: Always start your practice or game with a thorough warm-up session. Focus on dynamic stretches that engage the lower body muscles and prepare the toes for the physical demands of the sport.

Strengthening Exercises: Incorporate exercises that strengthen the muscles around the toes and ankles. This can help stabilize the joint and reduce the risk of hyperextension injuries.

Taping and Bracing: Consider using toe taping or specialized braces to provide additional support to the toe joint during play. Our experts can guide you on proper taping techniques.

Field Awareness: Be mindful of the playing surface and the potential for sudden stops or uneven terrain. Adjust your movements to reduce the risk of hyperextension.

Listen to Your Body: If you experience pain or discomfort in your toes or feet, it's crucial to listen to your body and take a break. Ignoring minor discomfort can lead to more severe injuries.

Recovery and Rehabilitation

If you suspect you have turf toe, it's essential to seek medical attention promptly. The initial treatment typically involves rest, ice, compression, and elevation (R.I.C.E.). In some cases, we may recommend immobilizing the toe to allow for proper healing.

Rehabilitation is crucial for a safe return to sports. Physical therapy can help restore the toe joint's strength, flexibility, and stability. Gradually easing back into sports activities with our guidance can help prevent re-injury.

Orthopedics: Tackling Shoulder Injuries

As the excitement of football season is underway, athletes and fans are always gearing up for the thrill of the game. However, along with the intense competition comes the risk of injuries, particularly to the shoulders. Let's dive into the common shoulder injuries associated with football and offer insights on prevention.

Shoulder Injuries in Football

Football is a contact sport that involves vigorous tackles, powerful throws, and rapid changes in direction. These actions put significant strain on the shoulders, making them prone to various injuries. The following are some of the most common shoulder injuries football players may encounter:

Rotator Cuff Injuries: The rotator cuff is a group of muscles and tendons that stabilize the shoulder joint. In football, forceful tackles and repetitive overhead movements can lead to strains or tears in the rotator cuff.

Shoulder Dislocations: A hard impact or awkward fall can cause the shoulder joint to become dislocated, where the upper arm bone comes out of its socket. This injury requires immediate medical attention to reset the joint.

Labral Tears: The labrum is a ring of cartilage that surrounds the shoulder socket. Football players can experience labral tears from abrupt tackles or overuse, leading to pain and instability.

Preventing shoulder injuries requires a combination of proper training, equipment, and awareness:

Strength and Conditioning: Incorporate regular strength and conditioning exercises that target the muscles around the shoulder joint. This can enhance stability and reduce the risk of injuries.

Proper Technique: Coaches should emphasize proper tackling and throwing techniques to minimize unnecessary stress on the shoulders. Teaching players to use their entire body to generate power can alleviate strain on the shoulder joint.

Appropriate Gear: Ensure that athletes wear well-fitted shoulder pads and helmets that provide proper protection and support. Ill-fitting gear can contribute to injury risk.

Warm-up and Stretching: A thorough warm-up and dynamic stretching routine before practices and games can help prepare the shoulders and muscles for the physical demands of play.

New Folsom Office Announcement

September Holidays and Important Dates

- 9/2 - **International Bacon Day** - International Bacon Day is celebrated on the Saturday before Labor Day. It's slowly becoming one of the most popular unofficial holidays in the United States.
- 9/4 - **Labor Day** - Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.
- 9/9 - **Teddy Bear Day** - U.S. Teddy Bear Day is celebrated on September 9 annually, a day set aside for everyone to bring out all their teddy bears to thank them for their companionship.
- 9/11- **September 11th Attacks** - A day to remember those who lost their lives in the worst attack on U.S. soil.
- 9/12 - **National Video Game Day** - It does not matter whether you are a video game fanatic or you are someone who barely plays video games, National Video Games Day provides you with the opportunity to embrace this form of fun.
- 9/23 - **Autumn Equinox/First day of fall** - The autumnal equinox occurs in September each year, and in the northern hemisphere the date marks the end of summer and the beginning of autumn.

New Office!

We're thrilled to announce the grand opening of our new office in Folsom, CA! Conveniently located at 1580 Creekside Drive, Suite #100, Folsom, CA 95630, this state-of-the-art facility is now ready to serve our patients with the highest quality care. Whether you're dealing with foot or ankle-related concerns, our dedicated team, is here to provide you with comprehensive treatment options. We're excited to expand our reach and offer our expertise to the Folsom community. Come visit us and experience our commitment to helping you regain your mobility and step