



Foot & Ankle
Associates of Florida

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News and Updates *January 2019*

What to Look for When Buying Winter Boots

If you need a new pair of winter boots for your commute (or a trip out in the cold), it pays to have a good idea what you're looking for. It can make the difference between keeping your feet dry and warm or a wet, miserable mess.

Your needs will likely depend on the situation, but here are some general tips to keep in mind:

- **Comfort Rating** – When it comes to keeping your feet warm, the comfort rating is a good guide, albeit not a perfect one. The rating will provide a general external temperature at which your feet will remain comfortable. However, your circulation, wind chill, and other factors will also play roles in how much insulation your feet will need.
- **Waterproofing** – If you will be walking in snow, waterproofing is a must. Many synthetic materials are designed to keep moisture out and away from your feet, but leather can also be effective if you're seeking something more stylish. On the inside, check for moisture-wicking linings that draw sweat away from the feet.
- **Height** – How high do you want the warmth and waterproofing to go? The higher the expected snow you may have to walk through, the taller the boot you will need. Some boots feature an adjustable collar that you can pull tight around your leg to various points.

All of these factors aside, don't forget to ensure that whatever boots you choose actually fits well and comfortably. When you try them on, wear the types of socks you are planning to wear with them. Without comfort, even the latest technology is not going to be enough to prevent irritation and problems.





Take a Seat for Some Exercise

If you sit for long periods of time, it always pays to get up and move around from time to time.

We know there isn't always a great opportunity for this, especially if your job ties you to a desk. But in cases like these—and if you simply want to multitask and get some quick foot and ankle exercises in while working on that report—there is still plenty you can do while seated.

(You might want to remove your shoes for some of these, just so you know.)

- **Write the Alphabet** – Lift your foot or only keep your heel on the floor, then using your big toe as a “pen,” write out the alphabet in the air. This is a good way to build your range of motion, but you might not want to try it while writing anything for real.
- **Ankle Rotations** – Cross one leg over the other, resting your calf on the opposite thigh. Slowly rotate your free ankle clockwise in large circles, then back the opposite direction. Repeat with the other ankle.
- **Heel Lifts** – Sit up tall in your seat and keep your abdominal muscles tight. Keep feet parallel to the ground and pointed forward, with legs hip-width apart. From this position, flex your calves upward, lifting your heels, until only your toes are on the floor. Do not lift your heels so far that they are directly above the ball of your foot, however.

None of these are like running a marathon, but they can still go a long way toward maintaining strength and mobility for a long time to come. If you would like some advice on exercises you can do to help with your specific needs, just let us know!

Mark Your Calendars

- January 3rd** National Fruitcake Toss Day – Just try not to injure anyone.
- January 5th** National Bird Day – Have you filled your feeder recently?
- January 8th** National Winter Skin Relief Day – Moisturize if you need to!
- January 12th** National Pharmacist Day – Provide some over-the-counter thanks.
- January 16th** National Nothing Day –
- January 21st** Squirrel Appreciation Day – Have they emptied your feeder recently?
- January 28th** National Kazoo Day – If you don't have one, then hum a few bars!
- January 29th** National Puzzle Day – Solve your favorite conundrums (or go to an escape room!).



What You Should Know About Belly Fat

Congratulations! You have survived another holiday season. You might have acquired a little extra around the middle as a result, however.

Why exactly does belly fat form, and what can it mean? Whether you call it a “beer belly” or a “spare tire,” here’s some important info to know:

- Belly fat, like most other fat accumulation, is the result of excess calories. Since beer is a source of empty calories and multiple tend to be consumed at one time, “beer belly” has become a common term. Let’s be honest, though: other drinks are more than capable of doing the same.
- Accumulation of belly fat in the midsection tends to happen more to men, at least at first. As we age and hormone levels decrease, both start to store more in their midsections.
- A belly that is “hard” is not something to take pride in. This tends to mean there is a high buildup of fat in and around the internal organs. This fat is packed more tightly and tends to distend the belly out, making it more firm and pronounced. A hard beer belly means a higher risk of health problems.
- Even a softer belly is a cause for concern, however. A buildup of belly fat in general often indicates a higher risk for type 2 diabetes, high blood pressure, high cholesterol, erectile dysfunction, liver disease... the list really goes on.

There is no magic key to getting rid of belly fat aside from simply losing weight. Your primary physician is a good source for determining the best diet and exercise plans for you, but we can help you take care of any foot or ankle issues that are getting in the way of your motion. Just let us know!



Sweet Potato Risotto

If you’re looking for something robust but with a hint of sweetness, this recipe is worth trying!

Ingredients

- 1 sweet potato, peeled and cut into ¼-inch dice
- 1/3 c. chopped shallots
- 3 Tbsp. extra virgin olive oil, divided
- 2 Tbsp. melted butter, divided
- 1 Tbsp. minced garlic
- ½ tsp. salt
- ¼ tsp. black pepper, ground
- 1 c. Arborio rice
- ½ c. white wine
- 3 c. vegetable stock
- ½ c. grated Parmesan cheese
- 2 Tbsp. fresh parsley, chopped

Preparation

- Preheat oven to 425 degrees.
- Place diced potato, shallots, garlic, salt, pepper, and **2 Tbsp. of the oil** and **1 Tbsp. of the butter** into a small baking pan. Mix and bake for 10 minutes before flipping the mixture and baking for another 10 minutes.
- Meanwhile, in a medium pot, add the remaining oil and butter. Heat over medium-high. Add rice and cook for about 2-3 minutes, keeping the rice moving. Do not brown the rice. Add wine and stir, then reduce heat to medium-low. When the wine has evaporated, begin adding stock a quarter-cup at a time, waiting until it evaporates before adding more. The rice should never completely dry out.
- Add the sweet potato mixture to the rice once it has completed cooking (you can do this at any point) and continue cooking the rice until the stock has evaporated and rice is cooked (but not mushy). Remove heat and stir in Parmesan and parsley. Cover and let sit for 3-5 minutes until the texture is creamy. Season as desired.



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What Should I Do if I Sprain My Ankle?

It's hard to believe that, for as elegant and graceful specimens we are as human beings, we totally fall flat on our face from time to time.

An ankle sprain is a very common and frequently painful injury. Our ankles do their best to bear our weight and respond to terrain on a constant basis, but sometimes the force against them will become too great and one or more of your ankle's ligaments will become injured.

What should you do when this happens, and how do you know if the injury is severe?

The first step for an ankle sprain is to **always rest**. Stop doing whatever activity you were doing that caused the sprain, and limit bearing weight on the injured ankle as much as possible.

Additionally, **apply ice to the ankle** (using a cloth barrier between the ice and skin; never directly) for up to 20 minutes at a time to help reduce swelling. **Keeping the foot elevated** above the level of your waist or heart is also helpful.

In any case of an ankle sprain, you should **give us a call**. This is especially crucial in cases where you are in severe pain or unable to stand at all on your ankle. However, even minor sprains can lead to further problems down the road if they do not heal properly. Letting us know when an ankle sprain has happened, as well as how, can be important information for future treatment.

