



**Foot & Ankle**  
Associates of Florida

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News and Updates

*July 2017*



# Summer Safety Tips for Feet

Summer's here! Break out your bathing suit, sunglasses, and beach umbrellas, and when you apply sunscreen, don't forget your feet! The sun's damaging rays aren't the only things that can harm your feet at this time of year. There are all sorts of dangers lurking during the summer months, so keep these safety tips in mind to keep your feet safe and healthy:



## GET SOCIAL WITH OUR DOCTORS

The summer months are a great time to enjoy picnics, fireworks, vacations – and photo contests! We would like to know where your feet have taken you this summer. Snap a picture of your "FEET ON THE GO" during the month of July. Then post your photo on our Facebook page. If your "FEET ON THE GO" photo gets the most "likes," you'll win a gift card!

Categories include the most beautiful, interesting and unusual photos. So get creative and get your post up by July 31st. Voting ends August 4th.

You can conveniently access our Facebook page from our website: [www.FloridaFootDocs.com](http://www.FloridaFootDocs.com), but hurry – voting ends August 4th.

Ready, set...FEET ON THE GO!

- Beware of going barefoot. Not only are you risking an injury, but you are asking for a fungus to find you! There's nothing like a cut on the bottom of your foot, or a case of athlete's foot or fungal nails to ruin your summer fun!
- Choose sandals that offer plenty of support so you can protect yourself from sprains and other aggravating injuries. New sandals should be comfy when you try them on in the store, to avoid blisters. Choose sandals made from natural materials whenever possible.
- Cut down on sweaty feet and odor by keeping feet clean and dry and alternating your footwear.
- Protect the skin on your feet from bug bites and stings by using insect repellent.
- Be aware of your surroundings—learn what poison ivy and poison oak look like, then steer clear!
- Keep nails trimmed so that they are even with the tips of your toes to keep them from becoming ingrown.
- When getting a pedicure, make sure the salon follows sanitary practices.
- Apply moisturizer to clean, dry feet so heels don't become cracked and dry.
- Wear protective and appropriate footwear when participating in summer activities.

Follow these tips and you'll be sure to have a safe, healthy, and happy summer!



# The Buddy System: Buddy Taping Toes

A buddy is someone you can depend on to be there for you and stand by your side, giving you support when you need it most. Well, that's exactly how buddy taping got its name! Taping an injured toe to its "buddy" next door is a process that allows for the healthy, neighboring toe to support the injured one in its time of need, so it can heal safely and correctly.

Basically, it's just like the buddy system – two friends keeping each other safe by going places together, only it's two toes buddying up to accompany each other on a journey of healing!

Of course, you can't just tell toes to stick together like you can people, and that's where the tape comes in. First, though, you need to put a buffer between the two BFFs by placing a piece of felt padding, or cotton between the injured toe and the one next to it. Then, wrap the two toes together with first aid tape, snugly but not too tightly. This gives the injured toe support as well as protection while it heals. You'll have to change the tape regularly to keep it clean. Before you know it, your toe will be as good as new. thanks to its buddy! Hey, that's what friends are for, right?

## Mark Your Calendars

- July 1** International Joke Day – Knock, knock.
- July 4** Independence Day – Break out your red, white, and blue.
- July 6** International Kissing Day – Pucker up!
- July 7** National Strawberry Sundae Day – Yum!
- July 18** National Caviar Day – Seem a little fishy to you?
- July 20** Moon Day – One giant leap for mankind.





# Are You Wearing the Right Shoe for What You Do?

If you're going on a hike, wearing ballet slippers would probably be a bad idea, as would attempting to dance in hiking boots. High heels would certainly not be the best choice to wear when going for a run. Conversely, regular running shoes would not do you much good on the basketball court or artificial turf.

What we're trying to say is, the right shoe matters! It's highly important to make sure you are wearing the appropriate footwear for the activity you're participating in, not just to ensure comfort and enjoyment, but more importantly, to avoid injuries.

For instance, if you don't have the ankle support of a good basketball shoe, you are at risk for a serious ankle sprain. Turf sports typically need shoes with cleats to give you good traction. If you're on your feet all day at work, proper support and conditioning are a must.

So, whatever you do, wear shoes specifically made for the activity in which you're participating. Make sure they offer all the characteristics you might need—a sturdy sole, supportive arch, breathable material, spacious toe box, ankle protection, cleats—whatever your sport or activity requires. Try the shoes on with the socks you plan on wearing, too, and be sure to get a proper fit.

You know what they say: If the shoe fits, wear it. (But only if it's the right shoe for what you're doing!)



# Soak Away Soreness and Stress

After soakin' up the summer sun and non-stop fun, take a break to relieve sore and tired feet with this relaxing (and simple) DIY foot soak:

Fill a basin with 8 cups of warm water.

Add ½ cup Epsom salt and stir until dissolved.

Add a few drops of soothing lavender essential oil.

Squeeze in the juice of 4- 5 slices of lemon, then throw the slices right in!

Now, sit back, soak your feet, and relax for 20 minutes.

Ahhhhhhh!



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## FEET ON THE GO

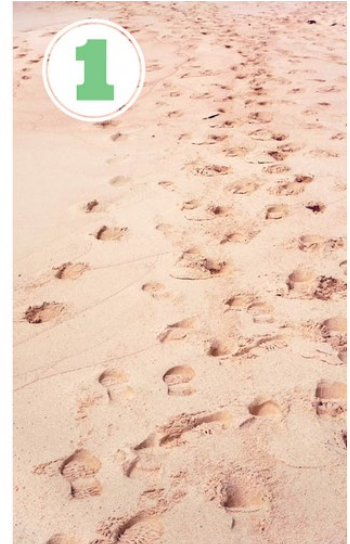
### WHERE HAVE YOUR FEET TAKEN YOU THIS SUMMER?

POST A PHOTO OF YOUR FEET ON OUR FACEBOOK  
PAGE SHOWING THEM IN AN UNUSUAL, INTERESTING, OR  
BEAUTIFUL PLACE ALONG WITH A SHORT DESCRIPTION.  
PRIZES WILL BE AWARDED FOR WINNING POSTS.



**PHOTO CONTEST**

**DEADLINE DATE  
JULY 31ST**



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# Celebrate Freedom from Heel Pain

This month, we celebrate our country's independence, but if you're struggling with heel pain, it can definitely put a damper on family picnics, fireworks, and festivities! Not to worry, though. Freedom from heel pain is yours if you follow these battle-tested solutions:

- Have your feet assessed for any underlying conditions that could be behind your discomfort. That way, you can treat the cause of the problem, not just the symptoms.
- Stretches can help with tight tendons and muscles that may be aggravating your heel. Even just grabbing your toes and gently pulling them toward you can help. If you would like information about stretching exercises, contact us by sending an email to [info@floridafootdocs.com](mailto:info@floridafootdocs.com) to request a copy of our Plantar Fasciitis Exercise Sheet.
- Footwear that fits well and offers plenty of cushion in the heel is helpful in reducing pain. Orthotics can also provide relief.
- Take a break from high-impact activities, and either rest completely or opt for low-impact choices like yoga, swimming, or biking.

If every time you take a step you see stars because of the pain in your heel, call us to make an appointment. Follow these tips to get your heels back to feeling great and ready for those Summer celebrations!

