

# FOOTNOTES2007

NEWS YOU CAN USE FOR SPRING 2007



## Is Foot Pain Ruining Your Golf Swing?

As you head to your favorite golf course this spring, make sure your feet are in shape before approaching the tee box.

Foot pain may be the barrier to a perfect golf swing. As your body transfers weight from one foot to the other during your swing, the nerves in the ball of your foot may become compressed or irritated, causing pain.

When golfers follow through on their swing, the big toe joint on the back foot may bend too far, eventually wearing out the cartilage or

jamming the joint, leading to painful arthritis.

Heel pain is another common problem for golfers and can make it uncomfortable for them to keep a solid stance during crucial parts of the golf swing.

If these areas are causing discomfort, call our office to schedule an appointment. With the many treatment options available, a pain-free golf swing is clearly in view. Remember, when your feet aren't in top condition, your golf swing won't be either. 🌱

## Too Much Weight Harms Kids' Feet

The news is filled with stories about the growing numbers of overweight children. Kids aren't eating right, and they're not getting enough exercise.

But overweight kids may have a problem getting the exercise they need if their feet hurt. Painful feet keep them from getting out there and running around with the other kids. And if they don't participate in physical activities, they just gain more weight.

It's a vicious cycle. Children who have inherited foot problems, such as bunions or flat feet, find it difficult to exercise. They become overweight,

and then that excess weight causes even more foot problems, such as inflammation of the growth plate in the heel or stress fractures.

We're seeing more and more overweight children in our office. Our goal in treating them is to relieve their foot pain so that they can become more physically active. Once they're more active, they can start losing those excess pounds, and there's less stress on their growing bones and muscles.

If your children are overweight, keep an eye on their feet. If it looks like they're having trouble walking or



running, make an appointment to have their feet checked out.

Once a child's feet are feeling good, a whole new active and healthy lifestyle opens up! 🌱



## Warm-Ups: An Important Part of the Game

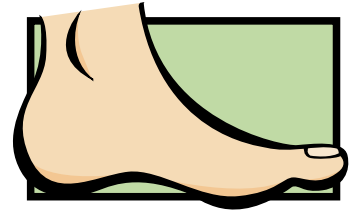
As youth sports leagues start gearing up for the spring season, parents and coaches should keep in mind that stretching and warm-ups aren't just for adults.

Kids tend to run right out of the mini-van and onto the field when they arrive at practice. By teaching your children to include time for warming up prior to participating in sports you'll accomplish two important goals: they'll have fewer injuries and they'll develop a habit that will serve them well throughout their lives.

Equally important is to teach young athletes that it isn't "cool" to play with pain. Continuing to play following an injury, or resuming play before a sprain or stress fracture is properly healed, can result in even further damage to young tendons and bones. 🍌

## Old Ankle Injury Acting Up this Spring?

Most people are anxious to enjoy the outdoors once the first days of spring arrive. But many will find that staying inside has left their ankles in less-than-prime condition for participating in active events. Especially at risk is anyone with an old ankle sprain that may not have fully healed.



Even if your sprain occurred years ago and you don't notice any pain in normal daily activity, the ankle may still be weak. Starting up exercise again can cause further damage in areas that didn't heal properly before. If you're embarking on a fitness or athletic program this spring, call our office to have that old ankle injury checked out before becoming active again. Pain in the ankle area is never normal...even when you're trying to get back in shape! 🍌

