

[April Is Foot Health Awareness Month, Bio Freeze Deal](#)

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April

April is
Foot Health Awareness Month

PLAY *it*
SAFE
with Today's Podiatrist

I have great faith in fools -
self-confidence,
my friends call it.

~Edgar Allan Poe

[SPORT-SPECIFIC SHOES CAN AFFECT THE WAY
YOU PLAY](#)

APRIL
SHOWERS
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A PARENT'S GUIDE TO FOOT HEALTH
FOR ATHLETIC KIDS

Millions of American children will participate in warm weather sports this year, from softball to soccer and swimming to cycling. No matter what their sport or whether they play competitively or just for fun, they will have one important thing in common: They'll need their feet to be pain-free if

Because He Lives

John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.



WHAT'S A FOOT?



Our Doctor Store

Did you know we have a store on our website? You can shop by Brand, Condition & Product Type. Follow the link below and see the selection.

[Our Doctor Store](#)

they're going to play their best and prevent injuries.

“Sports play a significant role in the lives of millions of young athletes,” says Nathan Ivey, DPM, a podiatrist at New Mexico Foot & Ankle Institute and member of the American Podiatric Medical Association (APMA). “Parents need to be aware that sports, which require a substantial amount of running, turning, and contact, can translate to injuries. Protecting children’s feet from injuries, and bringing them to a podiatrist when problems occur, can help keep kids in the game and make the sport more enjoyable.”

APMA offers some tips for helping protect children’s feet while playing warm-weather sports:

- Protective taping of the ankles is often necessary to help prevent sprains or fractures.
- Buying a shoe designed for the specific sport your child plays not only improves your child’s performance in the sport, but it also can help protect him or her from serious foot and ankle injuries. APMA has given its Seal of Acceptance to select sports footwear, which offer quality materials and protective support.
- Without the right sock, even the best athletic shoe won’t score points—on the field or off. Athletic socks should consist of a natural/synthetic blend, which is best at wicking away moisture and minimizing foot odor. Socks should not have large seams that might cause blisters or irritation. Commonly played warm-weather sports and the risks associated with them include:
 - Basketball - Children playing basketball may be at risk for ankle sprains, tendinitis, and plantar fasciitis (inflammation of the thick band of tissue on the sole of the foot). To minimize the risk of foot injury, choose a shoe with a thick, stiff sole, high ankle support, and shock absorption.
 - Tennis - The rapid, repetitive lateral movements and shifting of weight required of tennis players can lead to injuries such as ankle sprains, plantar fasciitis, and corns or calluses. Tennis players will do best with a flexible-soled shoe that supports



2015 AAPP M Midwinter Conference



We had another opportunity to learn at the 2015 AAPP M Midwinter Conference in Tampa, FL. There is always so much to learn, new people to meet and share ideas with and get reacquainted with old friends. Thank you, Dr. Ivey, for believing in us & investing in our future.

Health Expo

We had the privilege of being a guest at the Kirtland AFB Health Expo: Life Matters on March 20th. Thank you to all of the men & women that serve our country.

both sides of the foot.

- Running - Movements required of runners include leg extension and hitting the balls of the feet with a great deal of force. Running can lead to shin splints, heel pain, and blisters. A good running shoe should offer good support and shock absorption. In some cases, custom orthotics may be necessary to provide additional support and control of foot motion.
- Soccer - The running, jumping, and lateral movements required of soccer players can lead to many foot injuries, with heel pain and shin splints being among the most common. Soccer shoes should provide multiple cleats in the heel area and enough room for thick soccer socks.

“Sports-related foot and ankle injuries are on the rise as more children participate actively in sports,” Dr. Ivey says. “Parents need to be vigilant to ensure children’s feet remain healthy and safe. And remember—lack of complaint by a child is not a reliable sign that everything is fine. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware of it.”

Ensuring your child’s feet stay healthy could go a long way—your young athlete could one day be the next LeBron James or Brandi Chastain. If your child participates in strenuous sports, monitor his or her foot health closely. If you suspect a problem, take your child to a podiatrist for evaluation and treatment.

Nathan Ivey, DPM is a podiatrist at New Mexico Foot & Ankle Institute in Albuquerque, NM. Call 505.880.1000 or visit nmfootandankle.com to make an appointment. Visit www.apma.org to learn more about foot health and care.



Current blogs on our [website](#):



NMPMA Goes to Washington



Members of the NM Podiatric Medical Association represented the citizens of NM in Washington, DC. Thank you Dr. Ivey, DPM - President, Janet Simon, DPM - Executive Director & Sarah Mele, DPM - VP for taking the time from your busy schedules to advocate for the services we provide to our patients and citizens of New Mexico.

Topic: [Spring & Kids Feet](#)

Avoiding footwear fumbles when exercising or playing sports

No one disputes that exercise provides a host of health benefits, from helping control weight to improving cardiovascular function. But exercising in the wrong footwear can cause more harm than good, especially because foot health is integral to overall well-being.

“To get the most out of your workout or from playing a favorite sport, it’s imperative to choose the right footwear for the type of exercise you’ll engage in,” says Nathan Ivey, DPM, a podiatrist at New Mexico Foot & Ankle Institute and member of the American Podiatric Medical Association (APMA). “Improper footwear can lead to irritation and injury.”

Foot or ankle sprains and fractures are the most common types of injuries related to exercise and footwear. The type of exercise or sport you prefer can influence the type of injury you could experience. For example, foot and ankle sprains and fractures are generally more common among football players, while basketball players may suffer more ankle sprains, and runners experience stress fractures to feet or ankles.

APMA offers some guidance on how to avoid foot injury while exercising:

- Always warm up before exercise. Just as you stretch to warm up leg and arm muscles, your feet need to warm up gradually too.
- If you experience foot pain while exercising or engaging in physical activity, stop immediately. Foot pain is not normal, and you shouldn’t feel any when you exercise. If pain persists even after you stop your workout, see a podiatrist.
- Always wear supportive shoes that are



We are collecting for [Locker #505 Student's Clothing Bank](#) which benefits all students (K-12) in Bernalillo County.

Go through your closets and find all the shoes you no longer wear and drop them in the boxes provided in our offices!

Shoes we accept: All gently worn, paired men's, women's and kids shoes that are still reusable and re-wearable! That means no holes in the soles, nothing wet, mildewed or torn. This includes athletic shoes, dress shoes, casual shoes, timberland type work boots, sandals, heel and flats.

Shoes we do not accept: Ski boots, winter boots, roller skates, ice skates, roller blades, flip flops, crocs, bedroom slippers or single shoes.

**Thanks to all of you,
we have filled and
sent in 2 full boxes!**

appropriate for the type of physical activity you're engaging in. "Runners need more arch support and cushioning to absorb impact," says Dr. Ivey. "Basketball players require extra ankle support to prevent injury from side-to-side movement—which is why basketball shoes come up over the ankles." Choosing the right footwear can help ensure you minimize the risk of injury and enjoy a more productive and comfortable workout.

- Don't go it alone when you're shopping for a workout or sports shoe. Go to a store that specializes in athletic footwear and ask to be fitted professionally before you buy. Shoes should fit comfortably as soon as you try them on; never assume you'll "break in" an uncomfortable athletic shoe. Shop toward the end of the day, when feet are at their largest due to normal daily swelling.
- Whatever your exercise or sport of choice, your athletic shoes should offer plenty of support in the front and back.

Finally, when athletic shoes begin to show signs of wearing out, it's time to replace them. "Examine the tread, especially around mid-sole," adds Dr. Ivey. "Generally, you should replace athletic shoes every year, and running shoes every 300 to 400 miles."



How to keep your morning run healthy —for your feet

Love isn't the only human experience that may make you wonder, "How can something so good hurt so bad?" You might find yourself asking that question after your morning run, afternoon power walk, or other physical activity that demands a lot from your feet. Physical activities like running, brisk walking, and playing sports can be great for your body; exercise improves



American Diabetes Association Alert Day kicked off on Tuesday, March 24 and continues through Tuesday, April 21st. Learn your risk for type 2 diabetes: Take the Diabetes Risk Test at <http://diabetes.org/takethetest>. This year, during the Association's 75th anniversary, the theme is:

Take it. Share it. Step Out.



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Roll On, Gel
Or Spray**

cardiovascular health, burns calories, and builds muscle strength. Summer is a great time to stay—or get—active, but you still need to take precautions to ensure your exercise routine is also healthy for your feet.

“Let’s face it—we all have a lot riding on our feet, and we demand a great deal from them, especially when we’re engaging in strenuous exercise,” says Nathan Ivey, DPM, a podiatrist at New Mexico Foot & Ankle Institute and member of the American Podiatric Medical Association (APMA). Foot health is a key component of overall health and well-being. Fortunately, it’s not difficult to take the right steps toward protecting your feet when you run, jog, power walk, or engage in other exercise.

“Be aware of common ailments of the season like athlete’s foot, blisters, nail fungus, foot odor, and warts, and the summer foot fixes that can help cure them,” says Dr. Ivey.

You can also take these steps to minimize the risk of injury or other problems when running or exercising:

- Stretch before and after activity. Lactic acid is the chemical by-product of exercise that causes muscles to ache after a workout. Stretching improves your circulation and decreases the buildup of lactic acid; it can also help relieve stiffness and prevent strain. Simply flexing the hamstrings and stretching calves, Achilles tendons, and shins can help ensure your workout is safe.
- Choose an appropriate running shoe. The only real expense of running or walking is buying shoes, so it pays to invest in a good pair that will provide the support you need to have a safe, successful workout. If you’re prone to swollen feet later in the day, try on athletic shoes in the afternoon, when your feet are most swollen, to ensure a proper fit. Shoes should be stable from side to side, well-cushioned but with enough room to wiggle your toes, and snug to the heel. You can find a list of healthy footwear that carries APMA’s Seal of Acceptance on the organization’s website,



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&
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www.apma.org/seal.



- Be aware of the surface. The surface you're running on makes a difference in how hard the activity is on your feet. Hard, uneven ground can lead to stress fractures, slips, and falls. Softer ground is more foot-friendly and causes less shock than harder surfaces. If possible, run or walk on grass or dirt paths that are flat, even, and well-manicured.
- Think twice about running in inclement weather. If your feet are wet and cold, the ground will feel harder, and you'll be more prone to slipping.
- Listen to your feet. It's not normal to experience pain or changes in the feet and ankles. If you experience foot pain that lasts for more than a few days, see a podiatrist for evaluation. He or she can tell you if the pain is a minor, passing problem or a symptom of something more serious such as injury or disease.

"With some simple precautions, you can ensure your walking and running activities remain healthy and enjoyable for your entire body, especially your hardworking feet," Dr. Ivey says.

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OUR DOCTORS





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