

OFFICE LOCATION Ardmore, PA 610-642-8837 Downingtown, PA 610-873-0322 Paoli, PA 610-644-6501 SPRING 2016

## Offices/Hours See Below

## **Spring into Exercise**



don't neglect the foundation of your body - your feet! Our feet do an important job of transferring force from the body to the ground. The arches are essential for absorbing shock and adjusting to help balance on uneven ground.

Warm Up and Stretch the Feet Before Exercising Veteran exercisers know not to stretch too much before warming up the muscles. The goal of a warm up is to prepare muscles so they can better respond to the demand of the

You may know that it's important to do a light warm-up before beginning any workout. But

Here are a few foot and ankle warm-ups to get your feet ready for physical activity:

exercise, not to increase range of motion.

• Ankle circles – standing on one foot, lift the other foot and make circles with the toes. Do 10 circles in each direction, then repeat with the other foot. • Toe points – while standing on one foot or sitting, gently point the toes and hold, then flex the foot with the toes pointing up. Do 10 repetitions then repeat with the other foot.

• Tip-toes – while standing, lift the heel of one foot and press toes gently into the ground. Do this 10 times on each foot.

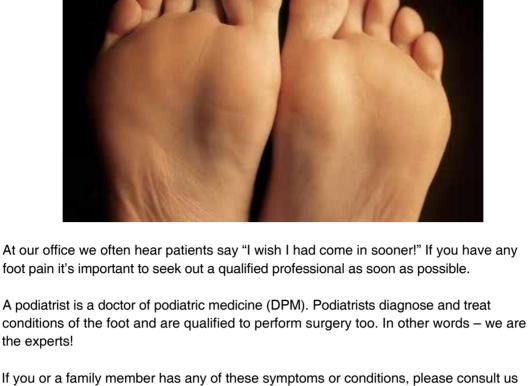
- Arch stretch sit in a chair and place your left foot on your right thigh. Gently pull the toes of your left foot to the left with your left hand. Repeat 10 times, then switch to your right foot.
- These stretches are great to use after your workout too.
- **Choose the Right Workout Shoe** When selecting your exercise shoe, it's important to consider both the activity and surface type. Will you be walking or running, or playing tennis or basketball? On a cushioned track,

road or grassy surface? Be sure to choose the appropriate footwear for each workout. If you have any structural abnormality like flat feet, high arches, bunions or feet that point

## inward or outward, please visit us for professional guidance on the best shoe type for

your workout. This is especially important if you are a patient with diabetes. Often custom-fitted orthotics can address these situations and allow you to exercise pain and injury free.

When To Call a Podiatrist



 Heel pain of any type Painful toes Any type of foot injury like a fracture, sprain or strain • Skin conditions like persistent athlete's foot or toenail fungus

• Painful spots on the bottom of the foot - these could be calluses or plantar warts

 Toenail problems including infected ingrown toenails, discolored nails or the nail separating from the nail bed • Any change in the foot's appearance: swelling, color change or warmth Deformity like a bunion or hammertoe

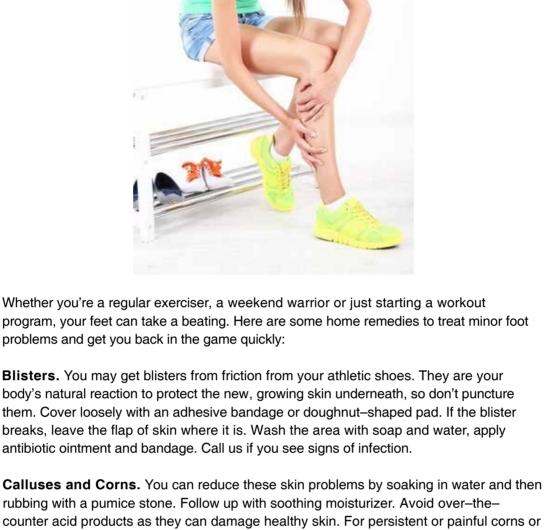
- Excessive foot odor or sweaty feet
- An open sore, cut, bruise or scrape that doesn't heal especially if you have diabetes

Foot pain of any type

right away:

- It's especially important for patients with chronic conditions like diabetes, blood circulation disorder or heart disease to seek out a podiatrist for any foot-related issue or question.
- Don't wait to seek out a podiatrist even if you feel your foot problem is "no big deal." We will be happy to see you in our office and will work to resolve your foot problem quickly.

**Easy Treatments for Workout Foot Problems** 



calluses and corns. Another way to prevent blisters is by wearing 2 socks on each foot. Caution: if you have diabetes or heart disease, please call us for help with any of these foot issues as they may worsen and become infected or lead to foot ulcers.

Wearing properly-fitted shoes appropriate to each activity can reduce the risk of blisters,

calluses, call us for professional treatment.

We want to spread the word about our great service!



• 15 ozs great northern beans (rinsed and drained) • 16 ozs **refried beans** (fat–free) • 15 ozs diced tomatoes (spicy, like rotel) • 14 ozs diced tomatoes

1. Slice or dice the onion and sauté in a stock pot until soft (in cooking spray, a tablespoon

3. Serve with fat free sour cream and low-fat shredded cheese, if desired. If you like

This recipe can also be made in a crock pot. Sauté onions first, combine everything in a

**Main Office** 

PA 19003

Monday:

Tuesday:

Wednesday:

Thursday:

Saturday:

Sunday:

**Paoli Office** 

Thursday:

Friday:

Ingredients:

**Directions:** 

• 1 onions (large)

• 11/4 ozs taco seasoning

• 15 ozs whole kernel corn, drained • 15 ozs reduced sodium chicken broth • 15 ozs **black beans** (rinsed and drained)

of olive oil, or a little of the chicken broth).

crockpot, and cook on low 5-6 hours.

Recipe courtesy of Food.com

2. Add remaining ingredients and simmer 15–20 minutes.

cilantro, chop a little and throw some on top of the soup.

**Meet our Doctors** 

Dr. Mark Yagodich



Dr. Eric Ricefield



Dr. Aliza V. Eisen

PA 19301 (610) 644-6501 Monday: Tuesday: Wednesday:

2:00 pm - 8:00 pm Friday: Closed Saturday: Closed Sunday: Closed **Downingtown Office** 797 E Lancaster Ave #9 PA 19335 (610) 873-0322

Monday: Tuesday:

9:00 am - 2:00 pm Closed Closed

1410 Russell Rd #201 Paoli, 4:00 pm - 8:00 pm 8:00 am - 12:00 pm 8:00 am - 6:00 pm

8:00 am - 12:00 pm

9:00 am - 12:30 pm

1:30 pm - 4:00 pm 2:00 pm - 5:00 pm Wednesday: Friday: 9:00 am - 1:00 pm Saturday: Closed Sunday: Closed