



**Offices/Hours [See Below](#)**

**Spring into Exercise**



The warm weather and fresh air of spring lures many of us out of doors and is the perfect time to start an exercise program.

You may know that it's important to do a light warm-up before beginning any workout. But 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 exercise, not to increase range of motion.

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

- **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**



At our office we often hear patients say "I wish I had come in sooner!" If you have any foot pain it's important to seek out a qualified professional as soon as possible.

A podiatrist is a doctor of podiatric medicine (DPM). Podiatrists diagnose and treat conditions of the foot and are qualified to perform surgery too. In other words – we are the experts!

If you or a family member has any of these symptoms or conditions, please consult us right away:

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

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**



Whether you're a regular exerciser, a weekend warrior or just starting a workout program, your feet can take a beating. Here are some home remedies to treat minor foot problems and get you back in the game quickly:

**Blisters.** You may get blisters from friction from your athletic shoes. They are your body's natural reaction to protect the new, growing skin underneath, so don't puncture them. Cover loosely with an adhesive bandage or doughnut-shaped pad. If the blister breaks, leave the flap of skin where it is. Wash the area with soap and water, apply antibiotic ointment and bandage. Call us if you see signs of infection.

**Calluses and Corns.** You can reduce these skin problems by soaking in water and then rubbing with a pumice stone. Follow up with soothing moisturizer. Avoid over-the-counter acid products as they can damage healthy skin. For persistent or painful corns or calluses, call us for professional treatment.

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



**Recipe of the Month**

**Spicy Healthy Taco Bean Soup**



Here's a simple but delicious soup recipe. Serve with a piece of cornbread and fresh fruit for a hearty meal.

**Ingredients:**

- 1 **onions** (large)
- 1¼ **ozs taco seasoning**
- 15 **ozs whole kernel corn, drained**
- 15 **ozs reduced sodium chicken broth**
- 15 **ozs black beans** (rinsed and drained)
- 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**

**Directions:**

1. Slice or dice the onion and sauté in a stock pot until soft (in cooking spray, a tablespoon of olive oil, or a little of the chicken broth).
2. Add remaining ingredients and simmer 15–20 minutes.
3. Serve with fat free sour cream and low-fat shredded cheese, if desired. If you like cilantro, chop a little and throw some on top of the soup.

This recipe can also be made in a crock pot. Sauté onions first, combine everything in a crockpot, and cook on low 5–6 hours.

Recipe courtesy of [Food.com](http://Food.com)

**Meet our Doctors**



**Dr. Eric Ricefield**



**Dr. Mark Yagodich**



**Dr. Aliza V. Eisen**

**Our Offices and Hours**

**Main Office**  
39 Rittenhouse Pl Ardmore,  
PA 19003  
(610) 642-8837

Monday: 8:00 am – 4:00 pm  
Tuesday: 8:00 am – 8:00 pm  
Wednesday: 8:00 am – 3:00 pm  
Thursday: 8:00 am – 8:00 pm  
Friday: 9:00 am – 2:00 pm  
Saturday: Closed  
Sunday: Closed

**Paoli Office**  
1410 Russell Rd #201 Paoli,  
PA 19301  
(610) 644-6501

Monday: 4:00 pm – 8:00 pm  
Tuesday: 8:00 am – 12:00 pm  
Wednesday: 8:00 am – 6:00 pm  
Thursday: 8:00 am – 12:00 pm  
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: 9:00 am – 12:30 pm  
Tuesday: 1:30 pm – 4:00 pm  
Wednesday: 2:00 pm – 5:00 pm  
Friday: 9:00 am – 1:00 pm  
Saturday: Closed  
Sunday: Closed