



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

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### Do All You Can to Prevent Winter Sports Injuries



Do you enjoy winter sports? No matter where you live, you're just a short trip away from skiing, snowboarding, ice-skating, sledding and ice hockey activities for fun and fresh air. But these high-impact and high-speed sports can really be risky in terms of injuries to the feet and ankles.

Winter sports injuries are very common, with an average of 246,000 people treated at emergency rooms, hospitals and doctors' offices every year for injuries related to winter sports (U.S. CPSC). More than half of the injuries result from snow skiing and snowboarding.

Typical winter sports injuries include sprains, strains, dislocations and fractures. Often these occur at the end of an action-packed day when we overexert ourselves to get in that last run. The most common skiing and snowboarding injuries are ankle sprains and fractures. In fact, a fracture of the Talus bone, located above the heel bone on the outside of the ankle, is so common that it is known as "snowboarder's ankle."

#### How to Prevent Winter Sports Injuries

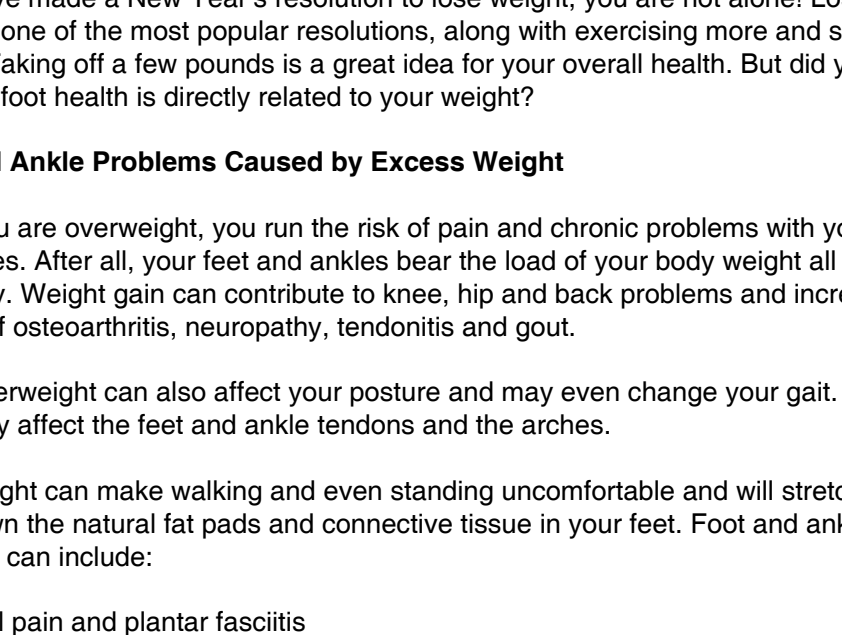
First, and importantly, make sure that you are ready to hit the slopes or ice. If you are not a regular exerciser, or if you are a "weekend warrior," begin winter sports gradually and cautiously. Do lots of stretching and try foot, ankle and knee strengthening exercises to prepare for what can be strenuous activities.

Other ways to avoid winter sports injuries include:

- Take some lessons to learn the correct technique. Your instructor will also demonstrate how to fall properly which can help to prevent injury.
- Do a quick warm-up – jogging in place is a good idea – and stretch to minimize stress and strain on muscles and ligaments. Colder muscles are tighter and need more time to get ready to work out.
- Wear the right protective equipment. Invest in well-fitting, high-quality skates, boots and shoes – this is not the time to save money by purchasing used equipment. Use a helmet that is specifically designed for your activity.
- Check your gear before each outing. Make sure laces and buckles are sturdy and unbroken.
- Take a partner with you. Even a minor injury can become life-threatening in frigid temperatures.
- Know your limits and stop when you begin to tire or are cold.

Please come to see us right away if you have injured your foot or ankle. Quick and professional treatment is essential for long-term healing.

### How Your Weight Affects Your Foot Health



If you have made a New Year's resolution to lose weight, you are not alone! Losing weight is one of the most popular resolutions, along with exercising more and saving money. Taking off a few pounds is a great idea for your overall health. But did you know that your foot health is directly related to your weight?

#### Foot and Ankle Problems Caused by Excess Weight

When you are overweight, you run the risk of pain and chronic problems with your feet and ankles. After all, your feet and ankles bear the load of your body weight all day and every day. Weight gain can contribute to knee, hip and back problems and increases the chance of osteoarthritis, neuropathy, tendonitis and gout.

Being overweight can also affect your posture and may even change your gait. This can negatively affect the feet and ankle tendons and the arches.

Extra weight can make walking and even standing uncomfortable and will stretch and wear down the natural fat pads and connective tissue in your feet. Foot and ankle problems can include:

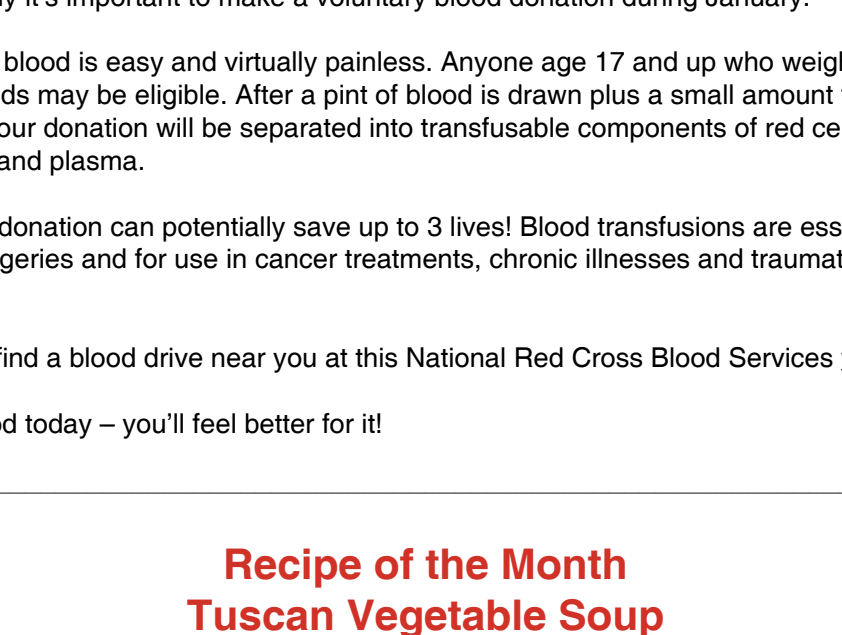
- Heel pain and plantar fasciitis
- Pain in the ball of the foot
- Stress fractures
- Swelling or edema
- Bunions
- Pressure ulcers
- Ankle problems such as increased risk of sprains, tendonitis and weakened ligaments and tendons

#### Is There Anything That Can Help?

Custom-fitted orthotics may relieve some foot and ankle symptoms by providing stability and cushioning. Exercises to stretch and strengthen your feet can help too.

What is the best solution? Losing weight can greatly reduce the strain on your feet and ankles. Even a small weight loss can ease the stress, but it's not that easy. Talk to your doctor and a nutritionist about the best weight-loss program that will fit your health and your lifestyle. A physical therapist or professional trainer can help too by designing an exercise program just for you.

### January is Blood Donor Month



Start the year right by helping others! January is National Blood Donor Month and it's the perfect time to step up and donate blood.

Typically, blood donations drop off during and right after the winter holidays, so the need is critical right now. Also, with inclement weather and winter illnesses, the Red Cross is often forced to cancel blood drives.

That's why it's important to make a voluntary blood donation during January.

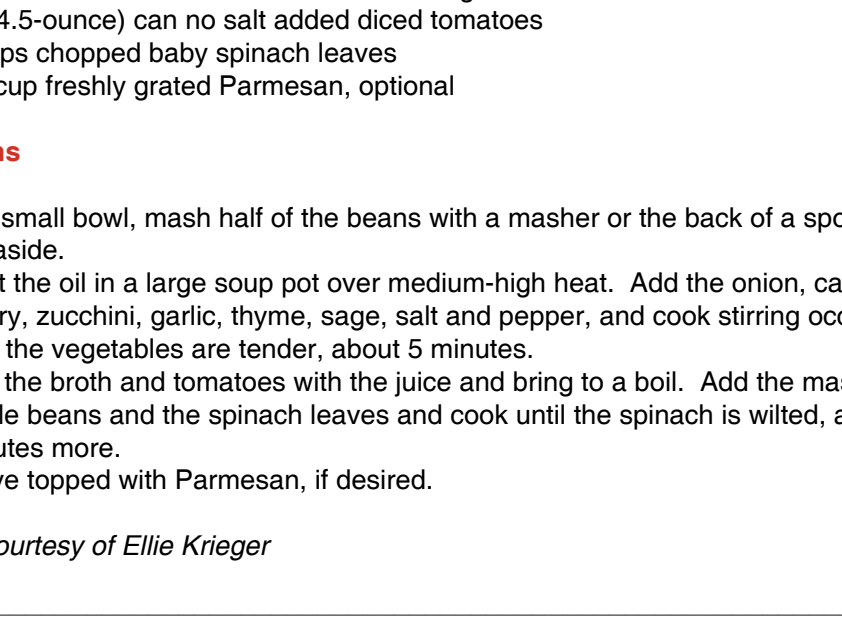
Donating blood is easy and virtually painless. Anyone age 17 and up who weighs at least 110 pounds may be eligible. After a pint of blood is drawn plus a small amount for testing, your donation will be separated into transfusable components of red cells, platelets and plasma.

Just one donation can potentially save up to 3 lives! Blood transfusions are essential in many surgeries and for use in cancer treatments, chronic illnesses and traumatic injuries.

You can find a blood drive near you at this National Red Cross Blood Services [website](#).

Give blood today – you'll feel better for it!

### Recipe of the Month Tuscan Vegetable Soup



Make a big batch of this comforting, veggie-packed soup and eat well all week long. It only takes 35 minutes to cook up, and at just 145 calories and 4 grams of fat per serving, you can eat guilt-free!

#### Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1 ½ cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 tablespoons chopped fresh sage leaves (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach, optional

#### Directions

1. In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

*Recipe courtesy of Ellie Krieger*



### History FootNote

The first recorded successful blood transfusion occurred in England in 1665 when a physician kept dogs alive with transfusions of blood from other dogs.

### Celebrity Foot Focus

Jamie Lee Curtis, LL Cool J, Peyton Manning and Wynonna Judd are just a few of the celebrities who regularly donate blood.

### Foot Funnies

 What do you call a dinosaur with smelly feet? Ex-stinked

### Trivia

**What part of your body is more likely to get frostbite?**

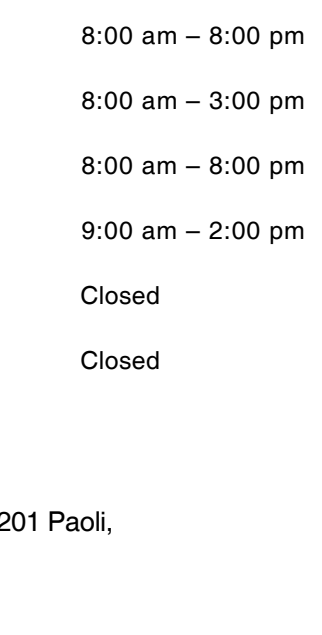
- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

**Answer: B. Toes**

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts or your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

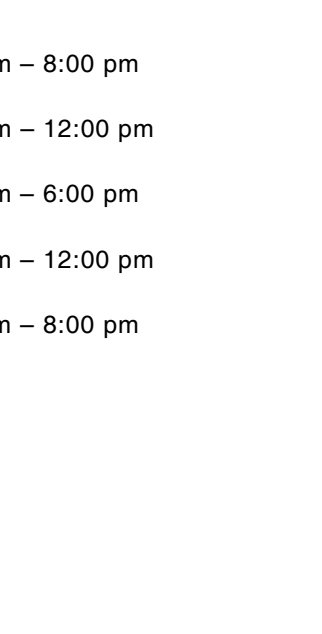
### Meet our Doctors



**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

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