



# SARASOTA FOOT CARE CENTER, P.A.

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## Athletic Foot Care

Game on! As another sports season begins, we're here to advise you on the best ways to protect your feet and continue your active lifestyle.

Whether you're a professional athlete or play sports just for fun, the demands on your feet and lower limbs can lead to a range of injuries including blisters, sprained ankles, torn ligaments, shin splints, knee pain, low back pain and other joint and muscle problems. Added to these are common complaints such as corns, calluses and Athlete's Foot. Your running style, poor footwear, even minor differences in limb length, can all contribute to injuries.

It's vital to your game – and your body to have your feet checked regularly, *especially* if you're active. It's essential to be proactive in this matter and ask your podiatrist to check for damage the untrained eye can't see, *before* you have serious problems. Don't let injuries worsen and lead to ankle, knee and back problems. Take care of your foot troubles today and enjoy a healthier tomorrow!



## Chain Reactions

The ankle bone is connected to the shin bone, the shin bone is connected to the thigh bone...you know how the song goes. There's a lot of truth to that simple childhood tune. With every move our body makes, it goes through a series of chain reactions. Our feet play a crucial part in creating chain reactions that lead to pain-free movement.

The foot and ankle are the first parts of the body to come in contact with the ground. When your foot is mobile and has freedom of motion, it sends positive information up the leg, through the spine and all the way to the tips of the fingers. When our feet become immobile due to injury, they send bad information up the body. Over time, this can lead to pain and dysfunction in any joint above the ankle or the foot.

Don't let foot pain break the chain – taking care of your feet is crucial to improving the function of your entire body.

## TIPS

### for athletic foot care:

1. **Wash and dry** your feet thoroughly every day.
2. **Wear** only good-quality, well-fitting cotton socks.
3. **Get in shape.** Being overweight or out of shape places added stress on the feet. Condition yourself gradually with stretching exercises for 15-20 minutes before starting and after any activity ("warm-up" and "cool-down").
4. **Choose** the correct shoe for each sport and surface. Footwear should be given the same consideration as any other piece of sporting equipment. Athletic shoes should be durable and provide as much foot protection as possible. For example, a running shoe should have adequate cushioning in the mid-sole and a flared heel for stability.

Visit us online at [www.SarasotaFootCareCenter.com](http://www.SarasotaFootCareCenter.com)



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### Thank you for your referrals!

There is no greater compliment our patients can give than to entrust us with the referral of a friend or family member. Your trust and confidence is much appreciated! Special thanks to the following patients:

Helen F., Michele M., Susan M., Gerald M., Eric Y., Kim T., Eddie M., Anna, Mike P., Ford S., Lee M., Cheryl T., Rhonda C., Faye D., Linda K., Lois M., Kristen R., Emmiliona C., Kim G., Kris R., Patricia K., Polly P., Mary L., Simon O., Harvey G., Carmen O. and Tara W.

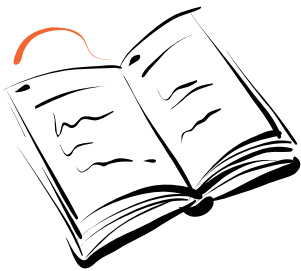
### New Website!

We invite you to visit SFCC's *new* website! The site will be updated continually with useful information, events and tools to keep our patients informed and healthy!

[www.sarasotafootcarecenter.com](http://www.sarasotafootcarecenter.com)

### It's news to me...

#### Meet Dr. Craig Conti, Resident Bibliophile



Many of you have met Dr. Conti, but one thing you may not know is that he has a lifelong passion for reading. "I'm fascinated with why people do what they do", says Dr. Conti about his choice of books. Here are a few on his must-read list:

- *Guns, Germs, and Steel*, by Jared Diamond
- *Ultra Marathon Man*, by Dean Karnazes
- *Blink*, by Malcolm Gladwell

Next time you're in the office, be sure to ask Dr. Conti about his monthly book club selection!

#### Coming Soon: Anti-Fungal Laser

SFCC will soon be the **first** in our area to offer quick, painless treatment using the anti-fungal laser! Look for more information coming soon.

#### Pair-to-Spare a Success!

A big "thank you" to everyone who contributed to our recent Pair-to-Spare shoe donation drive. Thanks to your generosity, we were able to collect and donate *hundreds* of gently-used pairs of shoes to the Salvation Army.

Please set aside any spare shoes and look for our donation bins to return to locations throughout Sarasota in mid-November for our **Holiday Shoe Drive!**

#### An Ounce of Prevention

The annual cost of foot surgery to correct problems from tight-fitting shoes is \$2 billion, according to the American Academy of Orthopaedic Surgeons. Add the cost of time off from work, and it increases to *\$3.5 billion* per year!

What can be done? Prevention! Get help *before* you get worse – come in and check out our complete line of shoes that can protect your feet for the season *and* a lifetime!!

### Community Events Calendar

#### November 2, 6:00 PM:

Diabetes Education Sessions at SMH, Room 4D, (941) 917-7777

#### November 10, 10:00 AM:

Better With Age, Institute for Advanced Medicine, Education & Resource Center, (941) 917-7777

#### November 10, 6:00 PM:

Fit2Run Marathon Training Series, (941) 358-5100

#### November 15, 8:00 AM:

2009 MTC/New Balance Sarasota Racing Series Special Olympics 5K, (941) 951-6660

#### November 18, 6:00 PM:

Eating Healthy for Life, SMH Blackburn Point Center, (941) 917-7777

#### November 26, 7:00 AM:

Fleet Feet Thanksgiving Day Fun Run 10 Mile & 5k with Fido Doggie Run, (941)894-3338



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