

# Foot Notes

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News and Updates

## September 2015



## Achilles Tendinitis Tips to Keep You in the Game

### Meet the Doctor

#### Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board  
of Foot and  
Ankle Surgery



Association of  
Extremity  
Nerve Surgeons

Let the games begin! Fall sports of all kinds are kicking off, and every athlete wants to start the season strong. If you're training too hard, though, it can take its toll, especially on your Achilles tendon.

Achilles tendinitis is an overuse injury and often occurs in those who increase the duration and intensity of their workouts too quickly. To avoid this sidelining condition, it's best to gradually boost your training and be sure to warm up properly beforehand. The right shoes make a difference, too. Make sure yours offer plenty of cushioning and support to reduce tension placed upon your Achilles. Orthotics can provide additional help as well.

Another great prevention method is cross-training. Alternating low-impact activities—like biking and swimming—with your high impact workouts can help minimize stress on the tendon. Strong calf muscles can do so as well, so try strengthening exercises like rising up and down on your toes.

Finally, if you do feel pain, rest! Avoid running, especially on hilly terrain, and ice the area to reduce inflammation. A little patience will go a long way here. Coming back too early can make the problem worse and even encourage future flare-ups.

Follow these tips and by the time the ref blows the whistle, you'll be more than ready to play! Just ask our friendly staff if you want to find out more.



# Fitting in Fitness at Work

When you work all day, it's hard to get in the exercise you need to stay fit and healthy. Well, in honor of Labor Day, we'd like to offer all you hard-workers some helpful hints on how to fit fitness into your busy work week.

The last thing anyone feels like doing after a long and tiring day on the job is coming home and squeezing in a workout, so try getting up early instead. Set your alarm—and don't hit that snooze (you snooze, you lose!). Exercising before heading to work is a great, energizing way to start your day!

Not a morning person? Then take advantage of your lunch break. Walk to the sandwich shop, take a quick trip to the gym, do some stretches after you eat, keep some hand weights in your desk drawer—you get the idea.

Another great way to get in some fitness is to skip the elevator and take the stairs, or hop on your bike or walk to work instead of driving. You can forget emailing co-workers too—get up and go deliver the message in person! Even if you need to stay seated for long periods of time, you can still work some muscles simply by contracting them periodically. You can also exchange your chair for an exercise ball, or set a timer to stand up and move right at your desk—do some calf raises, squats, leg circles, and wall pushups, or walk in place or around your desk a few times.

If you are destined to have to exercise after work, be sure to develop a set routine so you can make it part of your everyday agenda without skipping a beat. Once it's a habit, it'll be hard to break.

Have a Happy and Healthy Labor Day!



We moved our Bloomington office to the LandMark Medical Complex



**1791 West 3rd Street  
Bloomington, IN**



# Ratatouille Recipe

There are still fresh summer vegetables available at the Farmers Market for this Ratatouille recipe . Delicious and healthy.

## Ingredients

- 1 1/4 cup lard, butter, clarified butter or olive oil;
- 4 large tomatoes (plum tomatoes are best, but any kind will do);
- 2 lb eggplants, cut in 1 inch cubes;
- 2 large onions, sliced thinly;
- 3 bell peppers of assorted colors, cut into 1 inch cubes;
- 4 zucchinis, cut into 3/4 inch cubes;
- 9 garlic cloves;
- 1 cup chopped parsley;
- 20 basil leaves, cut in half;
- Freshly ground black pepper and sea salt;



## Instructions

- To remove the skin from the tomatoes, if using fresh tomatoes, score a X on the bottom of each one and blanch them in boiling water for a minute. Remove them from the boiling water and transfer them to a bowl of cold water. When cold enough to handle, starting where you scored them, gently remove the skin.
- Chop the tomatoes and put them in a large pot with 1/3 cup of the oil or fat with the parsley, basil and garlic. Cover the pot partially and simmer while stirring from time to time for about 30 minutes, until the tomatoes are well broken down.
- While the tomatoes are simmering, sprinkle some sea salt on the eggplant cubes and put them in a colander in the kitchen sink. This step helps remove some of the moisture in the eggplants. Leave them in the colander while the tomatoes are simmering.
- Soften the onions in 3 tbsp of the oil or fat for about 10 minutes with some sea salt still while the tomatoes are simmering.
- Remove the onions with a slotted spoon, set aside and cook the bell peppers in the same manner with a little more oil or fat.
- Remove the bell peppers with a slotted spoon, put them with the onions and repeat the process with the zucchini, but only for 6 minutes this time.
- Remove bell peppers and set aside with the other vegetables. Pat the eggplants dry and repeat the process, cooking them for about 7 minutes, again adding some oil or fat each time.
- Once the tomato preparation has simmered on its own long enough, add the previously cooked vegetables, season generously with sea salt and black pepper, cover and simmer for about another hour, until all the vegetables are very soft.
- Serve hot, warm or cold, with a bit of extra basil or chopped parsley on top, if desired.

Courtesy: Paleo Leap <http://paleoleap.com/ratatouille-recipe/>

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### Achilles Tendinitis: Tips to Keep You in the Game



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# Prompt Attention for Puncture Wounds

After stepping on something sharp, the first thing you'd probably do is scream out in pain then hop around on your good foot, but the next thing you better do is take care of it. Prompt treatment of puncture wounds is crucial to preventing infection. If you don't have diabetes, and you have had a tetanus shot, a minor puncture wound can be treated at home with a little TLC.

First, as much as we're sure you don't want to, you're going to have to take a look at it. Check if the object that caused the wound—or any piece of the object—is still inside. If it is, use sterilized tweezers to carefully remove it. Next, after allowing some blood to flow for a bit to promote cleaning, stop the bleeding by applying direct pressure. Then, wash the wound thoroughly with mild soap and water. Do not use anything else to avoid harming tissue and slowing the healing process.

Protect the area with a sterile bandage. You can ease any pain by keeping your foot elevated as much as possible and taking recommended medication. If you see any signs of infection—redness, swelling, warmth, increased pain, fever, or discharge—call us right away.

For more information, just ask. We are always happy to help. Oh—and watch your step!

