

# Foot Notes

Brought to you by Dr. Powers

News and Updates

May 2015



## Feel and Run Better with Better Biomechanics

### 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

Most people don't pay much attention to their feet while they're in motion, especially while running. After all, you have to watch where you're going! However, did you know that how you step could mean the difference between reaching the finish line and reaching it in your fastest time yet?

Every time you take a step you go through a gait cycle consisting of your heel striking the ground, then your foot rolling into the mid-stance phase, and finally your toes pushing off. This is what's called the biomechanics of your feet, but sometimes it doesn't go so smoothly.

If your feet are flat, they may roll too far inward; those with high arches often have the opposite problem. Maybe you strike the ground with the ball of your foot instead of your heel. All of these variances can result in painful conditions and even injury. So how do you better your biomechanics?

Well, everyone's feet are different and no one walks or runs exactly the same way. That's why having a gait analysis done can be very beneficial. Assessing exactly how your feet go through these phases as you step or run provides valuable insight into what shoes you should wear, and if custom orthotics are needed—to correct biomechanical issues that are making you prone to injury and slowing you down.

Let us watch your feet while you run. That way you can look out for that tree, avoid that puddle, and cross that line with a personal best. Ask our staff how we can help you.

# Get on Your Bike and Ride!



It's National Bike Month! Put on your helmet, ring your bell, throw your water bottle in your basket, and start pedaling!

Going for a bike ride is a great family activity, with a host of other benefits besides quality time together, (or time to yourself if you go solo).

If you happen to be recovering from an injury, biking is a fantastic low-impact option to keep moving while you recuperate. It's also a great way to cross-train. In fact, interspersing it with your high-impact routine can help you avoid injury in the first place. Because pedaling puts less stress on your joints and puts your feet through less pounding, those with arthritis or foot conditions can stay fit and exercise without worsening their pain. It's good for your heart and your muscles too.

Before you head out though, make sure you have the right size bike for you. When you stand over it flat footed, there should be an inch or two clearance between you and the frame (guys only). The seat should be level and at a height that allows you to extend your leg almost completely, with only a slight bend in the knee when the pedal is at the bottom position. Handlebars should be adjusted so that they feel comfortable for you to reach without straining your back or shoulders. Make sure your tires are pumped up with the proper amount of air, and voila—you're ready to go.

Happy Riding!

## FOOT Funnies

**Where does someone  
work with a broken foot?**

**At IHOP**

**What do you call a ghost  
with a broken foot?**

**A Hoblin Goblin**

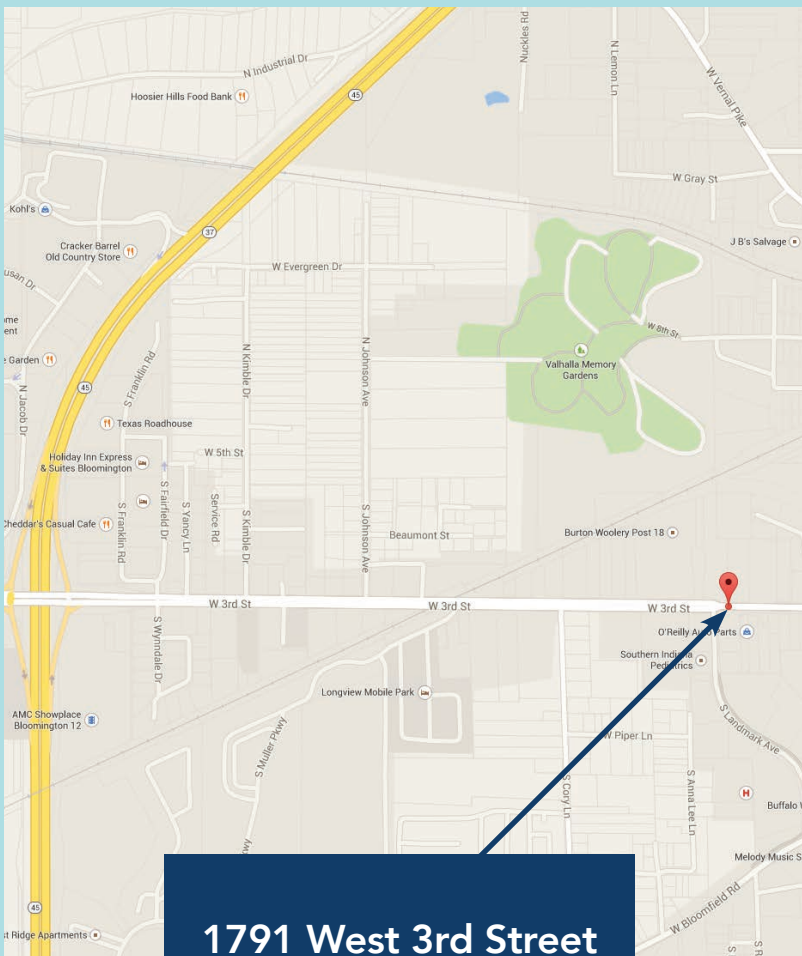
**How does a frog feel  
with a broken foot?**

**Unhappy**



# WE'RE MOVING

June 1st we are moving the  
Bloomington office to the  
LandMark Medical Complex



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



The care of  
the doctor

and his staff was  
great. The inserts  
have deleted all of  
my pain and what I  
do have continues to  
lessen daily. Thank  
you!!”

– Peter P.



“I came to see Dr.  
Powers and his staff  
two months ago  
with severe heel  
pain and within the  
two months my pain  
has gone away due  
to the great care  
of Dr. Powers and  
staff. I had ordered  
orthotics and they  
feel wonderful.

thanks for the care and warm friendly service  
and making me pain free while walking. I feel  
wonderful !! Thanks again.”

– Bonnie H.



“The orthotics that I  
wear are wonderful.  
I have no pain at all  
in my feet, legs, or  
lower back. They  
have helped me a  
lot. Dr. Powers and  
his staff are very  
friendly and helpful.  
They will answer  
any questions you  
may have. I highly  
recommend the orthotics and Dr.Powers and his  
staff.”

– Brian H.



## Dr. Powers Foot & Ankle

719 W 2nd Street  
Bloomington, IN 47403  
(812) 333-4422

IU Bedford Hospital  
Bedford, IN  
(812) 277-1000

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

## Feel and Run Better with Better Biomechanics



[See page one.](#)

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# Strawberry Rhubarb Crumble

## Ingredients

### Almond Crumble Topping:

3/4 cup slivered almonds, toasted  
1 cup all-purpose flour  
1/3 cup sugar  
1/4 teaspoon kosher salt  
1 stick butter

### Crumble:

6 cups rhubarb, cut into 1/2-inch pieces  
1 cup roughly chopped strawberries  
1/2 cup sugar  
2 tablespoons cornstarch  
Zest and juice of 1/2 lemon

### Topping:

1 cup mascarpone cheese

## Instructions

- Preheat the oven to 375 degrees F.
- For the almond crumble topping: In a food processor, pulse the almonds until finely ground. Add the flour, sugar and salt. Pulse to incorporate. Add the butter and pulse until the butter is dispersed in walnut-size pieces throughout. Set aside at room temperature.
- For the crumble: Mix the rhubarb, strawberries, sugar, cornstarch, lemon zest and lemon juice in a large mixing bowl. Fill four 4-inch ramekins almost to the top. Sprinkle about 2 tablespoons of the almond crumble on the top and place in the oven. Bake until the filling bubbles and the topping is golden brown, about 20 minutes. Let stand for 5 minutes.
- For the topping: Using a whisk or whisk attachment and stand mixer, whip the mascarpone on medium-high speed for about 2 minutes, to increase the volume. Reserve and refrigerate until ready for use.
- To serve: Once rested, top each ramekin with 2 tablespoons of whipped mascarpone.



*Courtesy: Guy Fieri*